

SHARP



Achtung
Avertissement
Waarschuwing
Avvertenza
Advertencia
Attention



DEUTSCH

FRANÇAIS

NEDERLANDS

ITALIANO

ESPAÑOL

ENGLISH

R-239

MIKROWELLENGERÄT - BEDIENUNGSANLEITUNG MIT KOCHBUCH
FOUR A MICRO-ONDES - MODE D'EMPLOI AVEC LIVRE DE RECETTES
MAGNETRONOVEN - GEBRUIKSAANWIJZING MET KOOKBOEK
FORNO A MICROONDE - MANUALE D'ISTRUZIONI E LIBRO DI RICETTE
HORNO DE MICROONDAS - MANUAL DE INSTRUCCIONES Y RECETARIO
MICROWAVE OVEN - OPERATION MANUAL WITH COOKBOOK

(D)

Diese Bedienungsanleitung enthält wichtige Informationen, welche Sie vor Inbetriebnahme des Gerätes unbedingt sorgfältig durchlesen sollten.

Achtung: Die Nichtbeachtung der Gebrauchs- und Serviceanweisungen sowie jeglicher Eingriff, der das Betreiben des Gerätes in geöffnetem Zustand (z.B. geöffnetes Gehäuse) erlaubt, führt zu erheblichen Gesundheitsschäden.

(F)

Ce mode d'emploi du four contient des informations importantes, que vous devez lire avant d'utiliser votre four à micro-ondes.

Avertissement: Des risques sérieux pour la santé peuvent être encourus si ces instructions d'utilisation et d'entretien ne sont pas respectées ou si le four est modifié de sorte qu'il soit possible de le faire fonctionner lorsque la porte est ouverte.

(NL)

Deze gebruiksaanwijzing bevat belangrijke informatie die u dient te lezen alvorens u de oven in gebruik neemt.

Waarschuwing: Het niet naleven van de gebruiks- en onderhoudsvoorschriften evenals elke ingreep die het mogelijk maakt dat het toestel in niet-gesloten toestand in werking kan gesteld worden, kan leiden tot ernstige gezondheidsletsels.

(I)

Questo manuale contiene informazioni importanti, che dovete leggere prima di usare il forno.

Avvertenza: La mancata osservanza di queste istruzioni sull'uso e sulla manutenzione del forno, o l'alterazione del forno che ne permetta l'uso a sportello aperto, possono costituire un grave pericolo per la vostra salute.

(E)

Este manual contiene información muy importante que debe leer antes de utilizar el horno.

Advertencia: Pueden presentarse serios riesgos para su salud si no respeta estas instrucciones de uso y mantenimiento, o si el horno se modifica de forma que pueda ponerse en funcionamiento con la puerta abierta.

(GB)

This operation manual contains important information which you should read carefully before using your microwave oven.

Important: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

800 W (IEC 60705)

(D) Sehr geehrter Kunde,

Wir gratulieren Ihnen zu Ihrem neuen Mikrowellengerät, das Ihnen ab jetzt die Arbeit im Haushalt wesentlich erleichtern wird. Sie werden angenehm überrascht sein, was man mit der Mikrowelle alles machen kann. Sie können nicht nur

schnell auftauen und erhitzen, sondern auch ganze Menüs zubereiten.

Wir empfehlen Ihnen, die Bedienungsanleitung inklusive dem Ratgeber genau durchzulesen. So wird Ihnen die Bedienung Ihres Gerätes leicht von der Hand gehen.

**Viel Spaß beim Umgang mit Ihrem neuen Mikrowellengerät.
Ihr Mikrowellen-Team**

(F) Chère cliente, cher client,

Nous vous félicitons de l'achat de votre nouveau four à micro-ondes qui va vous simplifier considérablement le travail dans la cuisine. Vous serez agréablement surpris de voir tout ce que vous pouvez faire avec votre four à micro-ondes.

Vous pouvez non seulement décongeler, réchauffer et cuire les aliments mais également préparer des menus complets.

Lisez attentivement le mode d'emploi et le guide.

Vous pourrez utiliser votre appareil encore plus facilement.

**Nous vous souhaitons beaucoup de plaisir avec votre nouveau micro-ondes.
Votre équipe de spécialistes de la cuisine aux micro-ondes**

(NL) Geachte klant,

Wij feliciteren u met uw nieuwe magnetron, die u voortaan het werk in de huishouding aanmerkelijk zal vergemakkelijken.

U zult aangenaam verrast zijn over hetgeen men allemaal met de magnetron kan doen. U kunt er niet alleen snel mee ontdooien en verhitten, maar u kunt

tevens hele menu's bereiden.

Wij adviseren u de gebruiksaanwijzingen de bijgeleverde kooktips zorgvuldig door te lezen. Op die manier zal het bedienen van uw apparaat voor u geen enkel probleem opleveren.

**Veel plezier met uw magnetronoven en met het uitproberen van de heerlijke recepten.
Uw Magnetron-team**



I **Gentile Cliente,**

Congratulazioni per l'acquisto del Vostro nuovo forno a microonde, che Vi aiuterà da oggi a facilitare e a snellire la preparazione dei Vostri piatti preferiti. Ben presto Vi accorgete di quanto sia utile e pratico un forno a microonde. Esso Vi aiuterà quando dovrete scongelare rapidamente cibi surgelati o riscaldare vivande precotte, oppure se vorrete preparare anche

interi pranzi con minor dispendio di tempo e fatica. Vi consigliamo di leggere attentamente il manuale di istruzioni insieme con la guida di cottura. Esso Vi servirà per aiutarvi ad usare con maggior sicurezza e rapidità il Vostro nuovo forno a microonde ed a preparare i piatti più gustosi.

Cucinare con questo forno sarà semplice e piacevole al tempo stesso, e Le consentirà di preparare piatti prelibati in breve tempo e con poca fatica.

E **Estimado cliente:**

Le felicitamos por haber adquirido este nuevo horno de microondas que le facilitará notablemente sus quehaceres domésticos. Va a ser una sorpresa agradable notar cuán amplio es el campo de aplicación de las microondas. No sólo puede proceder a descongelación y cocción

con celeridad sino también a la preparación de enteros menús. Le recomendamos lea minuciosamente el manual de manejo al gual que el recetario para que el uso del horno le sea fácil y no cueste trabajo.

Esperamos que disfrute con su horno de microondas y que le guste ensayar las recetas deliciosas.

GB **Dear Customer,**

Congratulations on acquiring your new microwave oven, which from now on will make your kitchen chores considerably easier. You will be pleasantly surprised by the kinds of things you can do with a microwave. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals. In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare. Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven. There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully. You will then easily understand how to use your oven. Enjoy using your microwave oven and trying out the delicious recipes.

D



Achtung:

Ihr Produkt trägt dieses Symbol. Es besagt, dass Elektro- und Elektronikgeräte nicht mit dem Haushaltsmüll entsorgt, sondern einem getrennten Rücknahmesystem zugeführt werden sollten.

A. Entsorgungsinformationen für Benutzer aus Privathaushalten

1. In der Europäischen Union

Achtung: Werfen Sie dieses Gerät zur Entsorgung bitte nicht in den normalen Hausmüll !

Gemäß einer neuen EU-Richtlinie, die die ordnungsgemäße Rücknahme, Behandlung und Verwertung von gebrauchten Elektro- und Elektronikgeräten vorschreibt, müssen elektrische und elektronische Altgeräte getrennt entsorgt werden.

Nach der Einführung der Richtlinie in den EU-Mitgliedstaaten können Privathaushalte ihre gebrauchten Elektro- und Elektronikgeräte nun kostenlos an ausgewiesenen Rücknahmestellen abgeben*.

In einigen Ländern* können Sie Altgeräte u.U. auch kostenlos bei Ihrem Fachhändler abgeben, wenn Sie ein vergleichbares neues Gerät kaufen.

*) Weitere Einzelheiten erhalten Sie von Ihrer Gemeindeverwaltung.

Wenn Ihre gebrauchten Elektro- und Elektronikgeräte Batterien oder Akkus enthalten, sollten diese vorher entnommen und gemäß örtlich geltenden Regelungen getrennt entsorgt werden.

Durch die ordnungsgemäße Entsorgung tragen Sie dazu bei, dass Altgeräte angemessen gesammelt, behandelt und verwendet werden. Dies verhindert mögliche schädliche Auswirkungen auf Umwelt und Gesundheit durch eine unsachgemäße Entsorgung.

2. In anderen Ländern außerhalb der EU

Bitte erkundigen Sie sich bei Ihrer Gemeindeverwaltung nach dem ordnungsgemäßen Verfahren zur Entsorgung dieses Geräts.

Für die Schweiz: Gebrauchte Elektro- und Elektronikgeräte können kostenlos beim Händler abgegeben werden, auch wenn Sie kein neues Produkt kaufen. Weitere Rücknahmesysteme finden Sie auf der Homepage von www.swico.ch oder www.sens.ch.

B. Entsorgungsinformationen für gewerbliche Nutzer

1. In der Europäischen Union

Wenn Sie dieses Produkt für gewerbliche Zwecke genutzt haben und nun entsorgen möchten:

Bitte wenden Sie sich an Ihren SHARP Fachhändler, der Sie über die Rücknahme des Produkts informieren kann. Möglicherweise müssen Sie die Kosten für die Rücknahme und Verwertung tragen. Kleine Produkte (und kleine Mengen) können möglicherweise bei Ihrer örtlichen Rücknahmestelle abgegeben werden.

Für Spanien: Bitte wenden Sie sich an das vorhandene Rücknahmesystem oder Ihre Gemeindeverwaltung, wenn Sie Fragen zur Rücknahme Ihrer Altgeräte haben.

2. In anderen Ländern außerhalb der EU

Bitte erkundigen Sie sich bei Ihrer Gemeindeverwaltung nach dem ordnungsgemäßen Verfahren zur Entsorgung dieses Geräts.

F



Attention :
votre produit
comporte ce
symbole.

Il signifie que les
produits électriques
et électroniques
usagés ne doivent
pas être mélangés
avec les déchets
ménagers généraux.

Un système de
collecte séparé est
prévu pour ces
produits.

A. Informations sur la mise au rebut à l'intention des utilisateurs privés (ménages)

1. Au sein de l'Union européenne

Attention : si vous souhaitez mettre cet appareil au rebut, ne le jetez pas dans une poubelle ordinaire !

Les appareils électriques et électroniques usagés doivent être traités séparément et conformément aux lois en vigueur en matière de traitement, de récupération et de recyclage adéquats de ces appareils.

Suite à la mise en oeuvre de ces dispositions dans les Etats membres, les ménages résidant au sein de l'Union européenne peuvent désormais ramener gratuitement* leurs appareils électriques et électroniques usagés sur des sites de collecte désignés.

Dans certains pays*, votre détaillant reprendra également gratuitement votre ancien produit si vous achetez un produit neuf similaire.

*) Veuillez contacter votre administration locale pour plus de renseignements.

Si votre appareil électrique ou électronique usagé comporte des piles ou des accumulateurs, veuillez les mettre séparément et préalablement au rebut conformément à la législation locale en vigueur.

En veillant à la mise au rebut correcte de ce produit, vous contribuerez à assurer le traitement, la récupération et le recyclage nécessaires de ces déchets, et préviendrez ainsi les effets néfastes potentiels de leur mauvaise gestion sur l'environnement et la santé humaine.

2. Pays hors de l'Union européenne

Si vous souhaitez mettre ce produit au rebut, veuillez contacter votre administration locale qui vous renseignera sur la méthode d'élimination correcte de cet appareil.

Suisse : les équipements électriques ou électroniques usagés peuvent être ramenés gratuitement au détaillant, même si vous n'achetez pas un nouvel appareil. Pour obtenir la liste des autres sites de collecte, veuillez vous reporter à la page d'accueil du site www.swico.ch ou www.sens.ch.

B. Informations sur la mise au rebut à l'intention des entreprises

1. Au sein de l'Union européenne

Si ce produit est utilisé dans le cadre des activités de votre entreprise et que vous souhaitez le mettre au rebut :

Veuillez contacter votre revendeur SHARP qui vous informera des conditions de reprise du produit. Les frais de reprise et de recyclage pourront vous être facturés. Les produits de petite taille (et en petites quantités) pourront être repris par vos organisations de collecte locales.

Espagne : veuillez contacter l'organisation de collecte existante ou votre administration locale pour les modalités de reprise de vos produits usagés.

2. Pays hors de l'Union européenne

Si vous souhaitez mettre ce produit au rebut, veuillez contacter votre administration locale qui vous renseignera sur la méthode d'élimination correcte de cet appareil.

**Let op:**

Uw product is van dit merkteken voorzien.

Dit betekent dat afgedankte elektrische en elektronische apparatuur niet samen met het normale huisafval mogen worden weggegooid.

Er bestaat een afzonderlijk inzamelingsstelsel voor deze producten.

A. Informatie over afvalverwijdering voor gebruikers (particuliere huishoudens)

1. In de Europese Unie

Let op: Deze apparatuur niet samen met het normale huisafval weggoien! Afgedankte elektrische en elektronische apparatuur moet gescheiden worden ingezameld conform de wetgeving inzake de verantwoorde verwerking, terugwinning en recycling van afgedankte elektrische en elektronische apparatuur.

Na de invoering van de wet door de lidstaten mogen particuliere huishoudens in de lidstaten van de Europese Unie hun afgedankte elektrische en elektronische apparatuur kosteloos* naar hiertoe aangewezen inzamelingsinrichtingen brengen*.

In sommige landen* kunt u bij de aanschaf van een nieuw apparaat het oude product kosteloos bij uw lokale distributeur inleveren.

*) Neem contact op met de plaatselijke autoriteiten voor verdere informatie.

Als uw elektrische of elektronische apparatuur batterijen of accumulatoren bevat dan moet u deze afzonderlijk conform de plaatselijke voorschriften weggoien.

Door dit product op een verantwoorde manier weg te gooien, zorgt u ervoor dat het afval de juiste verwerking, terugwinning en recycling ondergaat en potentiële negatieve effecten op het milieu en de menselijke gezondheid worden voorkomen die anders zouden ontstaan door het verkeerd verwerken van het afval.

2. In andere landen buiten de Europese Unie

Als u dit product wilt weggoien, neem dan contact op met de plaatselijke autoriteiten voor informatie omtrent de juiste verwijderingsprocedure.

Voor Zwitserland: U kunt afgedankte elektrische en elektronische apparatuur kosteloos bij de distributeur inleveren, zelfs als u geen nieuw product koopt. Aanvullende inzamelingsinrichtingen zijn vermeld op de startpagina van www.swico.ch or www.sens.ch.

B. Informatie over afvalverwijdering voor bedrijven

1. In de Europese Unie

Als u het product voor zakelijke doeleinden heeft gebruikt en als u dit wilt weggoien:

Neem contact op met uw SHARP distributeur die u inlichtingen verschaft over de terugname van het product. Het kan zijn dat u een afvalverwijderingsbijdrage voor de terugname en recycling moet betalen. Kleine producten (en kleine hoeveelheden) kunnen door de lokale inzamelingsinrichtingen worden verwerkt.

Voor Spanje: Neem contact op met de inzamelingsinrichting of de lokale autoriteiten voor de terugname van uw afgedankte producten.

2. In andere landen buiten de Europese Unie

Als u dit product wilt weggoien, neem dan contact op met de plaatselijke autoriteiten voor informatie omtrent de juiste verwijderingsprocedure.

I



Attenzione:

Il dispositivo è contrassegnato da questo simbolo, che segnala di non smaltire le apparecchiature elettriche ed elettroniche insieme ai normali rifiuti domestici.

Per tali prodotti è previsto un sistema di raccolta a parte.

A. Informazioni sullo smaltimento per gli utenti (privati)

1. Nell'Unione europea

Attenzione: Per smaltire il presente dispositivo, non utilizzare il normale bidone della spazzatura!

Le apparecchiature elettriche ed elettroniche usate devono essere gestite a parte e in conformità alla legislazione che richiede il trattamento, il recupero e il riciclaggio adeguato dei suddetti prodotti.

In seguito alle disposizioni attuate dagli Stati membri, i privati residenti nella UE possono conferire gratuitamente le apparecchiature elettriche ed elettroniche usate a centri di raccolta designati*.

In alcuni paesi*, anche il rivenditore locale può ritirare gratuitamente il vecchio prodotto se l'utente acquista un altro nuovo di tipologia simile.

*) Per maggiori informazioni si prega di contattare l'autorità locale competente.

Se le apparecchiature elettriche o elettroniche usate hanno batterie o accumulatori, l'utente dovrà smaltirli a parte preventivamente in conformità alle disposizioni locali.

Lo smaltimento corretto del presente prodotto contribuirà a garantire che i rifiuti siano sottoposti al trattamento, al recupero e al riciclaggio necessari prevenendone il potenziale impatto negativo sull'ambiente e sulla salute umana, che potrebbe derivare da un'inadeguata gestione dei rifiuti.

2. In paesi che non fanno parte dell'UE

Se si desidera eliminare il presente prodotto, contattare le autorità locali e informarsi sul metodo di smaltimento corretto.

Per la Svizzera: Le apparecchiature elettriche o elettroniche usate possono essere restituite gratuitamente al rivenditore, anche se non si acquista un prodotto nuovo. Altri centri di raccolta sono elencati sulle homepage di www.swico.ch o di www.sens.ch.

B. Informazioni sullo smaltimento per gli utenti commerciali

1. Nell'Unione europea

Se il prodotto è impiegato a scopi commerciali, procedere come segue per eliminarlo.

Contattare il proprio rivenditore SHARP che fornirà informazioni circa il ritiro del prodotto. Potrebbero essere addebitate le spese di ritiro e riciclaggio. Prodotti piccoli (e quantitativi ridotti) potranno essere ritirati anche dai centri di raccolta locali.

Per la Spagna: Contattare il sistema di raccolta ufficiale o l'ente locale preposto al ritiro dei prodotti usati.

2. In paesi che non fanno parte dell'UE

Se si desidera eliminare il presente prodotto, contattare le autorità locali e informarsi sul metodo di smaltimento corretto.

E



Atención:

su producto está marcado con este símbolo.

Significa que los productos eléctricos y electrónicos usados no deberían mezclarse con los residuos domésticos generales.

Existe un sistema de recogida independiente para estos productos.

A. Información sobre eliminación para usuarios particulares

1. En la Unión Europea

Atención: si quiere desechar este equipo, ¡por favor no utilice el cubo de la basura habitual!

Los equipos eléctricos y electrónicos usados deberían tratarse por separado de acuerdo con la legislación que requiere un tratamiento, una recuperación y un reciclaje adecuados de los equipos eléctricos y electrónicos usados.

Tras la puesta en práctica por parte de los estados miembros, los hogares de particulares dentro de los estados de la Unión Europea pueden devolver sus equipos eléctricos y electrónicos a los centros de recogida designados sin coste alguno*.

En algunos países* es posible que también su vendedor local se lleve su viejo producto sin coste alguno si Ud. compra uno nuevo similar.

*) Por favor, póngase en contacto con su autoridad local para obtener más detalles.

Si sus equipos eléctricos o electrónicos usados tienen pilas o acumuladores, por favor deséchelos por separado con antelación según los requisitos locales.

Al desechar este producto correctamente, ayudará a asegurar que los residuos reciban el tratamiento, la recuperación y el reciclaje necesarios, previniendo de esta forma posibles efectos negativos en el medio ambiente y la salud humana que de otra forma podrían producirse debido a una manipulación de residuos inapropiada.

2. En otros países fuera de la Unión Europea

Si desea desechar este producto, por favor póngase en contacto con las autoridades locales y pregunte por el método de eliminación correcto.

Para Suiza: Los equipos eléctricos o electrónicos pueden devolverse al vendedor sin coste alguno, incluso si no compra ningún nuevo producto. Se puede encontrar una lista de otros centros de recogida en la página principal de www.swico.ch o www.sens.ch.

B. Información sobre Eliminación para empresas usuarias

1. En la Unión Europea

Si el producto se utiliza en una empresa y quiere desecharlo:

Por favor póngase en contacto con su distribuidor SHARP, quien le informará sobre la recogida del producto. Puede ser que le cobren los costes de recogida y reciclaje. Puede ser que los productos de tamaño pequeño (y las cantidades pequeñas) sean recogidos por sus centros de recogida locales.

Para España: por favor, póngase en contacto con el sistema de recogida establecido o con las autoridades locales para la recogida de los productos usados.

2. En otros países fuera de la Unión Europea

Si desea desechar este producto, por favor póngase en contacto con sus autoridades locales y pregunte por el método de eliminación correcto.

GB



Attention:

Your product is marked with this symbol. It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by member states, private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users

1. In the European Union

If the product is used for business purposes and you want to discard it: Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

(D) INHALT

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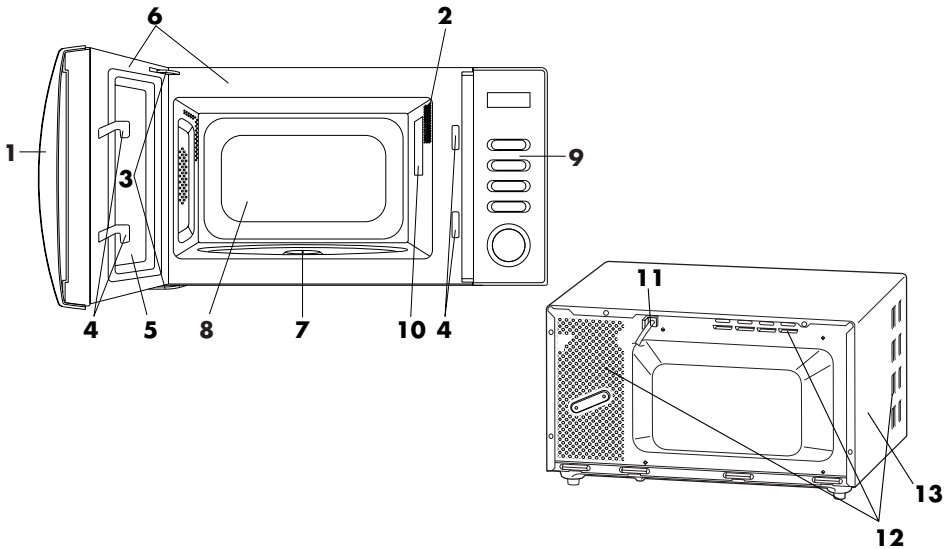
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GERÄT/FOUR/OVEN/FORNO/HORNO/OVEN



(D)

- 1 Türgriff
- 2 Garraumlampe
- 3 Türscharniere
- 4 Türsicherungsverriegelung
- 5 Tür
- 6 Türdichtungen und Dichtungsoberflächen
- 7 Antriebswelle
- 8 Garraum
- 9 Bedienfeld
- 10 Spritzschutz für den Hohlleiter
- 11 Netzkabel
- 12 Lüftungsöffnungen
- 13 Außenseite

(F)

- 1 Poignée d'ouverture de la porte
- 2 Eclairage du four
- 3 Charnières de porte
- 4 Loquets de sécurité de la porte
- 5 Porte
- 6 Joint de porte et surface de contact du joint
- 7 Entraînement
- 8 Cavité du four
- 9 Panneau de commande
- 10 Cadre du répartiteur d'ondes
- 11 Cordon d'alimentation
- 12 Ouvertures de ventilation
- 13 Partie extérieure

(NL)

- 1 Deurhendel
- 2 Ovenlamp
- 3 Deurscharnieren
- 4 Veiligheidsvergrendeling van de deur
- 5 Deur
- 6 Deurafdichtingen en pasvlakke
- 7 Verbindingsstuk
- 8 Ovenruimte
- 9 Bedieningspaneel
- 10 Afdekplaatje (voor golfgeleider)
- 11 Netsnoer
- 12 Ventilatie-Openingen
- 13 Behuizing

(I)

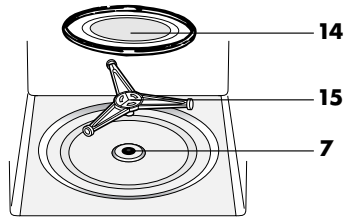
- 1 Maniglia di apertura sportello
- 2 Luce del forno
- 3 Cerniere sportello
- 4 Chiusura di sicurezza sportello
- 5 Sportello
- 6 Guarnizioni e superfici di tenuta sportello
- 7 Accoppiatore
- 8 Cavità del forno
- 9 Pannello dei comandi
- 10 Coperchio guida onde
- 11 Cavo di alimentazione
- 12 Aperture di ventilazione
- 13 Mobile esterno

(E)

- 1 Tirador para abrir la puerta
- 2 Lámpara del horno
- 3 Bisagras
- 4 Pestillos de seguridad de la puerta
- 5 Puerta
- 6 Sellos de la puerta y superficies de sellado
- 7 Acoplamiento
- 8 Cavidad del horno
- 9 Panel de control
- 10 Tapa de la guía de ondas
- 11 Cable de alimentación
- 12 Orificios de ventilación
- 13 Exterior de la caja

(GB)

- 1 Door opening handle
- 2 Oven lamp
- 3 Door hinges
- 4 Door safety latches
- 5 Door
- 6 Door seals and sealing surfaces
- 7 Coupling
- 8 Oven cavity
- 9 Control panel
- 10 Waveguide cover
- 11 Power supply cord
- 12 Ventilation openings
- 13 Outer cabinet



(D) ZUBEHÖR

Überprüfen, dass die Zubehörteile vorhanden sind: den Drehteller-Träger (15) auf die abgedichtete Antriebswelle (7) auf den Garraumboden legen. Dann den Drehteller (14) darauf legen.

Um Schäden am Drehteller zu vermeiden, ist darauf zu achten, dass Gefäße und Behälter bei der Entnahme nicht den Rand des Drehtellers berühren.

Hinweis: Bei der Bestellung von Zubehörteilen müssen Sie dem Händler bzw. dem SHARP Kundendienst immer die Teilebezeichnung und den Modellnamen angeben.

(F) ACCESSORIES

Assurez-vous que les accessoires sont contenus dans l'emballage: Posez le pied du plateau (15) sur la entraînement (7). Puis posez le plateau (14) tournant dessus en tenant compte de l'accouplement de la sole de la cavité.

Pour éviter d'endommager le plateau tournant, s'assurez que les plats ou les récipients ne touchent pas le bord du plateau lorsqu'ils sont retirés du four.

Remarques: Lorsque vous passez une commande d'accessoires, veuillez mentionner au revendeur ou au service d'entretien agréé par SHARP le nom des pièces et nom du modèle.

(NL) TOEBEHOREN

Kontroleer dat de volgende accessoires zijn geleverd: Plaats de draaisteun (15) op de vloer van de ovenruimte. Plaats vervolgens de draaitafel (14) op het verbindingsstuk (7) van de draaisteun.

Om ervoor te zorgen dat de draaitafel niet wordt beschadigd, moeten de borden of schalen goed worden opgetild, zodat ze de rand van de draaitafel niet raken wanneer u ze uit de oven haalt.

Opmerking: Stel uw handelaar of erkend SHARP onderhoudspersoneel bij het nabestellen van accessoires op de hoogte van: de naam en de modelnaam.

(I) ACCESSORI

Accertatevi che i seguenti accessori siano presenti: Mettere il sostegno rotante (15) nella accoppiatore (7) sul pavimento della cavità del forno. Mettere poi il piatto rotante (14) sul sostegno rotante.

Per evitare di danneggiare il piatto rotante, al momento di togliere i piatti o i contenitori dal forno, sollevateli completamente dal piatto facendo attenzione a non urtare il bordo.

Nota: Ordinando gli accessori, dita al rivenditore o ad un tecnico di servizio SHARP autorizzato il nome della parte e il nome del modello.

(E) ACCESORIOS

Compruebe que dispone de todos los accesorios siguientes: Coloque el soporte del rodillo (15) en el suelo de la cavidad del horno. Coloque después el plato giratorio (14) sobre el soporte colocado en la acoplamiento (7).

Levante los platos o recipientes cuando vaya a sacarlos del horno para no golpear el borde del plato giratorio y evitar dañarlo.

Nota: Cuando haga el pedido de los accesorios, indíquelo a su distribuidor o técnico de servicio SHARP autorizado los dos datos siguientes: el nombre de la pieza, y el nombre del modelo.

(GB) ACCESSORIES

Check to make sure the following accessories are provided:

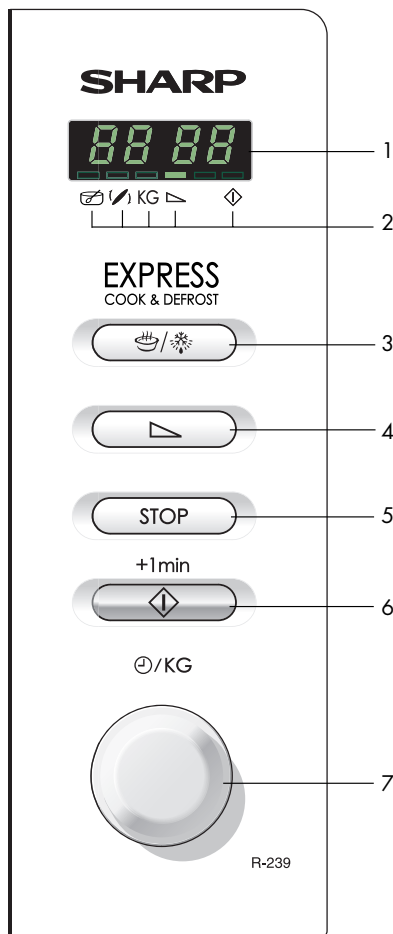
(14) Turntable (15) Roller stay

- Place the roller stay in the coupling (7) on the floor of the cavity.
- Then place the turntable on the roller stay.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

Note: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.



BEDIENFELD/PANNEAU DE COMMANDE



D BEDIENFELD

- 1 **Display**
- 2 **Symbole**

Die Anzeige über dem Symbol blinkt oder leuchtet auf. Wenn eine Anzeige blinkt, den erforderlichen Bedienungsschritt durchführen.

- Umrühren
- Wenden
- KG KG/Gewicht
- Symbol für Mikrowellen-Leistungstufen
- Symbol für Garen

- 3 **EXPRESS-GAREN & EXPRESS-AUFTAUEN**-Taste

Diese Taste zur Auswahl von einem der 12 Automatikprogramme drücken

- 4 **MIKROWELLEN-LEISTUNGSTUFEN**-Taste

- 5 **STOP**-Taste

- 6 **START/+ 1 min**-Taste

- 7 **ZEITSCHALTUHR/GEWICHTS**-Knopf

F PANNEAU DE COMMANDE

- 1 **Affichage numérique**

- 2 **Témoins**

L'indicateur correspondant clignotera ou s'allumera juste au-dessus du symbole, en fonction de l'instruction. Lorsqu'un indicateur clignote, effectuez l'action nécessaire.

- Remuer
- Retourner
- KG KG/Poids
- Témoin de niveau de puissance
- Témoin de cuisson

- 3 Touche **CUISSON RAPIDE** et **DÉCONGÉLATION RAPIDE**

Appuyer pour sélectionner l'un des 12 programmes automatiques.

- 4 Touche **NIVEAUX DE PUISSANCE MICRO-ONDES**

- 5 Touche **ARRÊT**

- 6 Touche **DEPART/+ 1 min**

- 7 Bouton **MINUTERIE/POIDS**

BEDIENINGSPANEEL/PANNELLO DI CONTROLLO PANEL DE MANDOS/CONTROL PANEL





NL BEDIENINGSPANEEL

1 Digitale display

2 Indicators

De overeenkomstige indicator boven elk symbool zal gaan knipperen of gaan branden volgens de gebruiksaanwijzing. Wanneer een indicator knippert, dient u de vereiste bedieningshandeling uit te voeren.

-  Roeren
-  Omdraaien
- KG KG/Gewicht
-  Vermoegenniveau-indikator
-  Koken-indikator

3 EXPRES BEREIDIEN en EXPRESS ONTDOOIEN-toetsen

Druk op de toets om één van de 12 automatische kookprogramma's te kiezen.

4 MAGNETRON VERMOEGENNIVEAU-toets

5 STOP-toets

6 START/+ 1 min-toets





7 TIJDSCHAKELAAR/GEWICHT-knop

I PANNELLO DEI COMANDI

1 Display digitale

2 Indicatori

L'indicatore appropriato lampeggerà oppure si accenderà proprio sopra ciascun simbolo, conformemente all'istruzione. Quando una spia lampeggia, date corso alle necessarie operazioni.

-  Mescolare
-  Voltare
- KG KG/Peso
-  Indicatore di livello potenza microonde
-  Indicatore di cottura

3 Pulsante COTTURA EXPRESS e SCONGELARE EXPRESS

Premere il pulsante per selezionare uno dei 12 programmi automatici.

4 Pulsante delle LIVELLO DI POTENZA MICROONDE

5 Pulsante di ARRESTO

6 Pulsante di INIZIO/+ 1 min





7 Manopola RUTTORE/PESO

E PANEL DE CONTROL

1 Visualizador digital

2 Indicadores

El indicador apropiado destellará o se iluminará sobre el símbolo respectivo, según la instrucción dada. Cuando el indicador destelle o se encienda, realice la operación necesaria.

-  Remover
-  Darle vuelta
- KG KG/Peso
-  Indicador del nivel de potencia de microondas
-  Indicador de cocción

3 Tecla de COCCIÓN RÁPIDAS e DESCONGELACIÓN RÁPIDAS

Pulsar para seleccionar uno de los 12 programas automáticos.

4 Tecla de NIVEL DE POTENCIA DEL MICROONDAS

5 Tecla de PARADA

6 Tecla COMENZAR/+ 1 min





7 Mando TEMPORIZADOR/PESO

GB CONTROL PANEL

1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, do the necessary operation.

-  Stir
-  Turn over
- KG Weight
-  Microwave power level
-  Cooking in progress

3 EXPRESS COOK & DEFROST button

Press to select one of the 12 automatic programmes.

4 MICROWAVE POWER LEVEL button

5 STOP button

6 START/+ 1 min button

7 TIMER/WEIGHT knob



IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

This oven is not designed to be built into a kitchen unit. The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker.

A separate circuit serving only this appliance should be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven.

Do not install the oven in an area of high humidity or where moisture may collect.

Do not store or use the oven outdoors.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

Use only microwave-safe containers and utensils. See Page GB-13. Utensils should be checked to ensure that they are suitable for use in microwave ovens.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.

Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding.

See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- The door; make sure the door closes properly and ensure it is not misaligned or warped.
- The hinges and safety door latches; check to make sure they are not broken or loose.
- The door seals and sealing surfaces; ensure that they have not been damaged.
- Inside the oven cavity or on the door; make sure there are no dents.
- The power supply cord and plug; ensure that they are not damaged.

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page GB-12. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not let the power supply cord hang over the edge of a table or work surface.



Keep the power supply cord away from heated surfaces, including the rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time (See page GB-17).
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

WARNING: The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door to prevent them burning themselves.

To avoid misuse by children

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

Do not move the oven while it is in operation.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat stress. The preheating time specified in the dishes instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.



IMPORTANT SAFETY INSTRUCTIONS

Use only the turntable and the roller stay designed for this oven. Do not operate the oven without the turntable.

To prevent the turntable from breaking:

- Before cleaning the turntable with water, leave the turntable to cool.
- Do not put hot foods or hot utensils on a cold turntable.
- Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

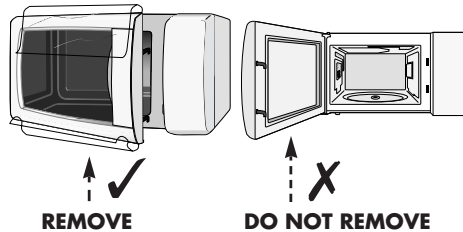
Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.



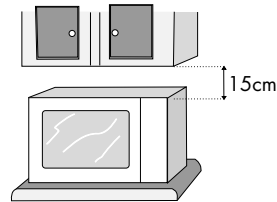
INSTALLATION

- Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the **outside** of the door.

Do not remove the protective film attached to the **inside** of the door.



- Check the oven carefully for any signs of damage.
- Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked.
- Ensure there is a minimum free space above the oven of 15cm:



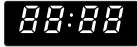
- Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

BEFORE OPERATION

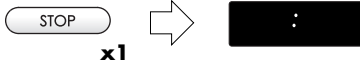


Plug in the oven.

1. The oven display will flash:



2. Touch the **STOP** button the display will show:



To set the clock, see below.

Using the STOP button

Use the **STOP** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

SETTING THE CLOCK



There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, hold the **MICROWAVE POWER LEVEL** button down for 3 seconds. **12 H** will appear in the display.
2. To set the 24 hour clock, press the **MICROWAVE POWER LEVEL** button **once more** after Step 1, in the example below **24 H** will appear in the display.



x1 and hold for 3 secs.

To set the clock, follow the example below.

Example:

To set the 24 hour clock to 23:35

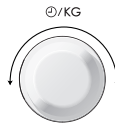
1. Choose the clock function. Choose the 24 hour clock.
2. Set the hours. Rotate the **TIMER/WEIGHT** knob until the correct hour is displayed (23).
3. Press the **MICROWAVE POWER LEVEL** button to change from hours to minutes.



x1 and hold for 3 secs.

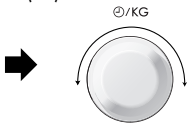


x1



x1

4. Set the minutes. Rotate the **TIMER/WEIGHT** knob until the correct minute is displayed (35).
5. Press the **MICROWAVE POWER LEVEL** button to start the clock. **Check the display.**



x1



NOTE:

1. You can rotate the **TIMER/WEIGHT** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the above example again.



MICROWAVE POWER LEVEL

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30 P (240 W) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry.

P = Percentage.

To set the power, touch the **MICROWAVE POWER LEVEL** button until the desired level is displayed. If **MICROWAVE POWER LEVEL** button is touched once, **100 P** will be displayed. If you miss your desired level, continue touching the **MICROWAVE POWER LEVEL** button until you reach the level again. **If the level is not selected, the level 100 P is automatically set.**



MANUAL OPERATION

Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking time	Increasing unit
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 70 P microwave power.

1. Enter the desired cooking time by rotating the **TIMER/WEIGHT** knob clockwise.
(2 min. & 30 sec.)



2. Choose desired power by pressing the **MICROWAVE POWER LEVEL** button twice.



3. Press the **START** /+1min button to begin cooking.



NOTE:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+ 1 min** button is pressed.
2. If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** button. As long as your finger is touching the **MICROWAVE POWER LEVEL** button, the power level will be displayed.
3. You can rotate the **TIMER/WEIGHT** knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by degrees.

OTHER CONVENIENT FUNCTIONS



1. MULTIPLE SEQUENCE COOKING

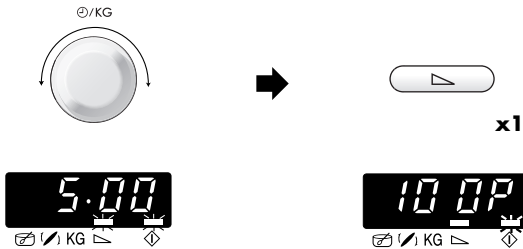
A maximum of 3 sequences can be input, consisting of manual cooking time and mode.

Example:

To cook: 5 minutes on 100 P power (Stage 1)
16 minutes on 30 P power (Stage 2)

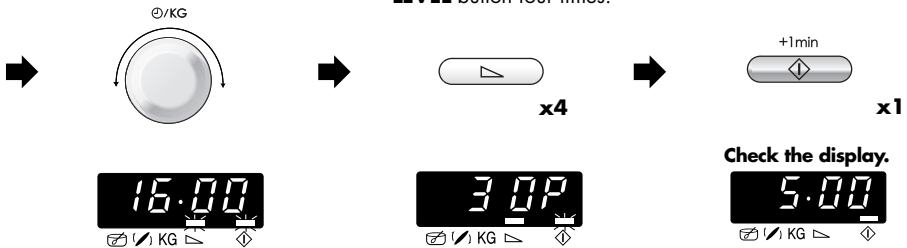
STAGE 1

1. Enter the desired cooking time by rotating **TIMER/WEIGHT** knob.
2. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button once.



STAGE 2

3. Enter desired time by rotating **TIMER/WEIGHT** knob.
4. Choose the desired power level by pressing the **MICROWAVE POWER LEVEL** button four times.
5. Press the **START /+1min** button once to begin cooking.



(The oven will begin to cook for 5 minutes on 100 P, and then for 16 minutes on 30 P).

NOTE:

If 100P is required on the final stage, it is not necessary to enter the power level.



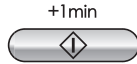
OTHER CONVENIENT FUNCTIONS

2. MINUTE PLUS FUNCTION

The **START/+ 1 min** button allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **START/+ 1 min** button.



NOTE:

To avoid the misuse by children the **START/+ 1 min** button can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

b. Extend the cooking time

You can extend the cooking time during manual cooking for multiples of 1 minute if the button is pressed while the oven is in operation.

3. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** button.



x1

As long as your finger is touching the **MICROWAVE POWER LEVEL** button the power level will be displayed.

The oven continues to count down although the display shows the power level.

EXPRESS COOK & DEFROST OPERATION



EXPRESS COOK & DEFROST automatically works out the correct cooking mode and cooking time. You can choose from 7 **EXPRESS COOK** menus and 5 **EXPRESS DEFROST** menus. What you need to know when using this automatic function:

1. Press the **EXPRESS COOK & DEFROST** button once, the display will appear as shown.

The menu can be chosen by pressing the **EXPRESS COOK & DEFROST** button until the desired menu number is displayed. See pages GB-9-10 "EXPRESS COOK & DEFROST charts".

To select a defrost menu, press the **EXPRESS COOK & DEFROST** button at least 8 times. If you press the button 8 times, **EC-1** will appear in the display. The menu will be changed automatically by holding down the **EXPRESS COOK & DEFROST** button.

2. The weight of the food can be input by rotating the **TIMER/WEIGHT** knob until the desired weight is displayed.

- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights given in the cooking chart, use manual programmes. For best results, follow the cooking charts in the cookbook.

3. To start cooking press **START/+ 1 min** button.

When action is required (e.g. to turn food over), the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+ 1 min** button.

Example:

To cook gratin weighing 1,0 kg using Express Cook EC-7.

1. Select the menu required by pressing the **EXPRESS COOK & DEFROST** button seven times.

2. Enter the weight by rotating the **TIMER/WEIGHT** knob clockwise.

3. Press the **START/+ 1 min** button.

The diagram shows the sequence of actions and the corresponding display:

Step 1: Pressing the **EXPRESS COOK & DEFROST** button 7 times (x7) results in the display showing **EC-7**.

Step 2: Rotating the **TIMER/WEIGHT** knob clockwise results in the display showing **1.0**.

Step 3: Pressing the **START/+ 1 min** button (x1) results in the display showing **22:10**.

Below the final display, it says "Check the display."

To use **EXPRESS DEFROST**, follow the above example for **EXPRESS COOK**.

1.

EXPRESS
COOK & DEFROST

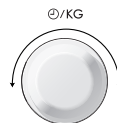


x1

EXPRESS COOK & DEFROST button



2.



TIMER/WEIGHT knob

3.

















START/+ 1 min button

The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.













EXPRESS COOK CHART

BUTTON	EXPRESS COOK NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
 x1	EC-1 Cook Frozen Vegetables e.g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli 	0,1 - 0,6 kg (100 g) (initial temp -18° C) Bowl and lid	<ul style="list-style-type: none"> • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let stand for approx. 2 minutes. <p>NOTE: If frozen vegetables are compacted together, cook manually.</p>
 x2	EC-2 Cook Fresh Vegetables 	0,1 - 0,6 kg (100 g) (initial temp 20° C) Bowl and lid	<ul style="list-style-type: none"> • Cut into small pieces, eg. strips, cubes or slices. • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, let the food stand for approx 2 minutes.
 x3	EC-3 Cook Frozen Ready Meals Stirrable type e.g. Noodles, Bolognese, Chinese Menus. 	0,3 - 1,0 kg* (100 g) (initial temp -18° C) Bowl and lid	<ul style="list-style-type: none"> • Transfer meal to suitable microwave-proof dish. • Add some liquid if recommended by the manufacturer. • Cover with a lid. • Cook without cover if the manufacturer instructs. • When audible signal sounds, stir and re-cover. • After cooking, stir and let stand for approx. 2 minutes. <p>* If the manufacturer instructs to add water, calculate the total amount for the program with additional liquid.</p>
 x4	EC-4 Cook Frozen Gratin e.g. macaroni gratin, lasagne, etc. 	0,2 - 0,6 kg (100 g) (initial temp -18° C) Shallow, oval gratin dish and microwave foil or original container and microwave foil	<ul style="list-style-type: none"> • Remove the frozen gratin from the package. If the container is not suitable for microwave ovens, transfer gratin to a suitable microwave proof dish. • Cover with microwave foil. • If the container is suitable for microwave ovens, remove original paper cover and cover with microwave foil. • After cooking, let stand for approx. 5 minutes.
 x5	EC-5 Cook Rice e.g. parboiled rice, Patna rice 	0,1 - 0,3 kg (100 g) (initial temp 20° C) Bowl and lid	<ul style="list-style-type: none"> • Add cold water as follows. 250 ml per 100 g rice 450 ml per 200 g rice 650 ml per 300 g rice • Cover with a lid. • When audible signal sounds, stir and re-cover. • After cooking, stir and let stand for approx. 5 - 10 minutes.
 x6	EC-6 Cook Fish fillet with sauce 	0,4 - 1,2 kg* (100 g) (initial temp fish 5° C, Sauce 20° C) Gratin dish & microwave foil	<ul style="list-style-type: none"> • See recipes for Fish Fillet with Sauce on page GB-11. <p>* Total weight of all ingredients.</p>
 x7	EC-7 Cook Gratin 	0,5 - 1,0 kg* (100 g) (initial temp 20° C) Gratin dish	<ul style="list-style-type: none"> • See recipes for Gratin on page GB-11. <p>* Total weight of all ingredients.</p>

EXPRESS DEFROST CHART



BUTTON	EXPRESS DEFROST NO.	WEIGHT(Increasing Unit) / UTENSILS	PROCEDURE
 x8	Ed-1 Defrost Steaks and Chops 	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note below) Flan dish	<ul style="list-style-type: none"> Place the food in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with small pieces of aluminium foil. After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
 x9	Ed-2 Defrost Minced Meat 	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note below) Flan dish	<ul style="list-style-type: none"> Place the block of minced meat in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. After defrosting cover with aluminium foil, stand for 5 - 10 minutes, until thoroughly defrosted.
 x10	Ed-3 Defrost Poultry 	0,9 - 1,5 kg (100 g) (initial temp -18° C) (See note below) Flan dish	<ul style="list-style-type: none"> Place the poultry in a flan dish in the centre of the turntable. When the audible signal sounds, turn over and shield thin parts and warm spots with small pieces of aluminium foil. After defrosting, rinse with cold water, cover with aluminium foil and stand for 15 - 30 minutes until thoroughly defrosted. Finally clean the poultry under running water.
 x11	Ed-4 Defrost Cake 	0,1 - 1,4 kg (100 g) (initial temp -18° C) Plate	<ul style="list-style-type: none"> Remove all packaging from the cake. Place on a plate in the middle of the turntable. After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 10 - 60 minutes until evenly defrosted.
 x12	Ed-5 Defrost Bread 	0,1 - 1,0 kg (100 g) (initial temp -18° C) Flan dish (Only sliced bread is recommended for this programme.)	<ul style="list-style-type: none"> Distribute in a flan dish in the centre of the turntable. For 1,0 kg distribute directly on the turntable. When the audible signal sounds, turn over, rearrange and remove defrosted slices. After defrosting cover in aluminum foil and stand for 5 - 15 minutes, until thoroughly defrosted.

NOTE: Express Defrost

- Steaks and Chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- The poultry should be processed immediately after defrosting.



RECIPES FOR EXPRESS COOK

FISH FILLET WITH SAUCE (EC-6)

Fish fillet with piquant sauce

Ingredients

0,4 kg	0,8 kg	1,2 kg	
140 g	280 g	420 g	canned tomatoes (drained)
40 g	80 g	120 g	corn
4 g	8 g	12 g	chilli sauce
12 g	24 g	36 g	onion (finely chopped)
1 tsp	1-2 tsp	2 tsp	red wine vinegar mustard, thyme, cayenne pepper
200 g	400 g	600 g	fish fillet salt

Preparation

1. Mix ingredients for the sauce.
2. Place the fish fillet (e.g. Rosefish fillet) in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
3. Mix a sauce from tomatoes, corn, chilli sauce, onion, vinegar and spices and spread the sauce on the fish fillet.
4. Cover with microwave foil and cook on **EXPRESS COOK EC-6**, "Fish Fillet with Sauce".
5. After cooking, let stand for approx. 2 minutes.

FISH FILLET WITH SAUCE (EC-6)

Fish fillet with curry sauce

Ingredients

0,4 kg	0,8 kg	1,2 kg	
200 g	400 g	600 g	fish fillet salt
40 g	80 g	120 g	banana (sliced)
160 g	320 g	480 g	ready-made curry sauce

Preparation

1. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
2. Spread the banana and the ready-made curry sauce on the fish fillet.
3. Cover with microwave foil and cook on **EXPRESS COOK EC-6**, "Fish Fillet with Sauce".
4. After cooking, let stand for approx. 2 minutes.

GRATIN (EC-7)

Spinach gratin

Ingredients

0,5 kg	1,0 kg	
5 g	10 g	butter or margarine (to grease the dish)
150 g	300 g	leaf spinach (defrosted, drained)
15 g	30 g	onion (finely chopped)
		salt, pepper, nutmeg
150 g	300 g	boiled potatoes (sliced)
35 g	75 g	cooked ham (diced)
50 g	100 g	crème fraîche
1	2	eggs
40 g	75 g	grated cheese paprika powder

Preparation

1. Mix together the drained leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish.
3. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
4. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
5. Cover the gratin with the grated cheese, sprinkle with paprika powder and cook on **EXPRESS COOK EC-7**, "Gratin".
6. After cooking, let stand for 5 minutes.

GRATIN (EC-7)

Potato-courgette-gratin

Ingredients

0,5 kg	1,0 kg	
5 g	10 g	butter or margarine (to grease the dish)
200 g	400 g	potatoes (sliced) (fresh or boiled)
115 g	230 g	courgette (finely sliced)
75 g	150 g	crème fraîche
1	2	eggs
1/2	1	clove of garlic (crushed)
		salt, pepper
40 g	80 g	feta cheese (diced)
10 g	20 g	sunflower kernel paprika powder

Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Crumble the feta cheese and sprinkle over the gratin.
4. Finally sprinkle the gratin with sunflower kernel and paprika powder and cook on **EXPRESS COOK EC-7**, "Gratin".
5. After cooking, let stand for 5 minutes.

CARE AND CLEANING



CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.

Turntable and Roller stay

Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use abrasive cleaner.

NOTE: A steam cleaner should not be used.

SERVICE CALL CHECK



Please check the following before calling for service.

1. Power Supply

Check the power plug is properly connected to a suitable wall outlet.

Check the line fuse/circuit breaker is functioning properly.

2. Place a cup of water (approx. 150 ml) in the oven and close the door securely.

Programme the oven for one minute on 100 P power and start the oven.

Does the oven lamp come on?

YES _____ NO _____

Does the turntable rotate?

YES _____ NO _____

NOTE: The turntable turns in either direction.

Does the ventilation work?

(Place your hand over the ventilation openings and check for air flow.)

YES _____ NO _____

After 1 minute does the signal sound?

YES _____ NO _____

Does cooking in progress indicator go off?

YES _____ NO _____

Is the cup with water warm after the above operation?

YES _____ NO _____

If you answer "No" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

NOTE: If you cook the food over the standard time with only 100 P (800 W), the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced).

Cooking Mode	Standard time
Microwave 100 P	20 minutes



WHAT ARE MICROWAVES?

Microwaves are generated in the microwave oven by a magnetron and cause the water molecules in the food to oscillate.

Heat is generated by the friction which is caused, with the result that the food is thawed, heated or cooked.



SUITABLE OVENWARE

GLASS AND CERAMIC GLASS



Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

CERAMICS

Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test.

PORCELAIN

Very suitable. Ensure that the porcelain does not have a gold or silver overlay and that it does not contain any metal.

PLASTIC AND PAPER UTENSILS

Heat resistant plastic utensils which are suitable for use in the microwave can be used to thaw, heat and cook food. Follow the manufacturer's recommendations.

Heat-resistant paper made for use in a microwave oven is also suitable. Follow the manufacturer's recommendations.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

ROASTING BAGS

Can be used in a microwave oven. Metal clips are not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

BROWNING DISH

A special microwave dish made from ceramic glass with

a metal alloy base, which allows food to be browned. When using the browning dish a suitable insulator, e.g. a porcelain plate, must be placed between the turntable and the browning dish. Be careful to adhere exactly to the pre-heating time given in the manufacturer's instructions. Excessive pre-heating can damage the turntable and the turntable stand or can trigger the safety-device which will switch off the oven.

METAL

Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of ready-cooked meals) can be used. They must, however, be small in relation to the food, e.g. aluminium containers must be at least $\frac{2}{3}$ to $\frac{3}{4}$ filled with food. It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cm between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.

NO UTENSIL SHOULD HAVE A METAL OVERLAY - parts such as screws, bands or handles.

UTENSIL SUITABILITY TEST



If you are not sure whether your utensil is suitable for use in your microwave oven, carry out the following test: Place the utensil into the oven. Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 800 W power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.



TIME SETTINGS

In general the thawing, heating and cooking times are significantly shorter than when using a conventional cooker or oven. For this reason you should adhere to the recommended times given in this cookery book. It is better to set the times too short, rather than too long. Test the food after it has been cooked. It is better to have to cook something for a little longer than to overcook it.

INITIAL TEMPERATURES

Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature. For heating and cooking, normal storage temperatures are assumed (refrigerator temperature approx. 5° C, room temperature approx. 20° C). For thawing the temperature of the deep freeze is assumed to be - 18° C.

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

SALT, SPICES AND HERBS

Food cooked in your microwave retains its individual flavour better than it does when conventional preparation methods are used. For this reason you should use salt very sparingly and normally add it only after cooking. Salt absorbs liquid and dries out the outer layer of the food. Herbs and spices can be used as normal.

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Food such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.

LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones.

As a rule of thumb:

TWICE THE AMOUNT = ALMOST TWICE THE TIME
HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS

Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

COVERING

Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered.

As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in an ordinary oven can also be left uncovered in a microwave oven.

TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.

STANDING TIME

Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.



TIPS AND ADVICE

BROWNING AGENTS

After more than 15 minutes cooking time food acquires a brownness, although this is not comparable to the deep brownness and crispness obtained through conventional cooking. In order to obtain an appetising brown colour you can use browning agents. For the most part they simultaneously act as seasoning agents.

In the following table you will find some suggestions for substances you might use for browning and some of the uses to which you might put them.

BROWNING AGENT	DISH	METHOD
Melted butter and dried paprika	Poultry	Coat the poultry with the butter/paprika mixture
Dried paprika	Oven baked dishes "Cheese toasties"	Dust with paprika
Soya sauce	Meat and poultry	Coat with the sauce
Barbecue and Worcestershire sauce, Gravy	Roasts, Rissoles, Small roasted items	Coat with the sauce
Rendered down bacon fat or dried onions	Oven baked dishes, toasted items, soups, stews	Sprinkle pieces of bacon or dried onions on top
Cocoa, chocolate flakes, brown icing, honey and marmalade	Cakes and desserts	Sprinkle pieces on top of cakes and desserts or use to glaze

HEATING

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish.
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.
- The times are for food at a room temperature of 20° C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines, which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.

THAWING

Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional

methods of thawing.

Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40° C) as well as being heat-resistant (up to approx. 220° C). You can therefore use the same container to thaw, heat and even cook the food, without having to transfer it.

COVERING

Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.

CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly.

If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.



TURNING/STIRRING

Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS

Thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.

COOKING FRESH VEGETABLES

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.
- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables should be stirred or turned over.

- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.

COOKING MEAT, FISH AND POULTRY

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.
- After the food has been cooking for 15 minutes it acquires a natural brownness, which may be enhanced by the use of a browning agent. If, in addition, you would like the surface to be crisp you should either use the browning dish or sear the food on your cooker and finish cooking it in your microwave. By doing this you will simultaneously obtain a brown base for making a sauce.
- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

THAWING AND COOKING

Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table. Do take note, however, of the general advice given on "heating" and "thawing" food. Please refer to the manufacturer's instructions on the packaging when preparing deep-frozen dishes. These usually contain precise cooking times and offer advice on preparation.



TABLES

ABBREVIATIONS USED

tbsp = tablespoon	KG = kilogram	DF = deep frozen
tsp = teaspoon	g = gram	MW = microwave
l.p. = large pinch	l = litre	MWO = microwave oven
s.p. = small pinch	ml = millilitre	min = minutes
Cup = cupful	cm = centimetre	sec = seconds
Sach. = sachet	DFC = dry fat content	dm = diameter

TABLE: HEATING FOOD AND DRINK

Food / Drink	Quantity	Power	Time	Hints
	-g/ml-	-Setting-	-Min-	
Coffee, 1 cup	150	800W	approx. 1	do not cover
Milk, 1 cup	150	800W	approx. 1	do not cover
Water, 1 cup	150	800W	1 1/2-2	do not cover, bring to the boil
6 cups	900	800W	10-12	do not cover, bring to the boil
1 bowl	1000	800W	10-12	do not cover, bring to the boil
Platters (Vegetables, meat and trimmings)	400	800W	approx. 4	sprinkle some water onto the sauce, cover stir half way through the heating time
Stew	200	800W	2-3	cover, stir after heating
Clear soup	200	800W	approx. 2	cover, stir after heating
Cream soup	200	800W	approx. 2	cover, stir after heating
Vegetables	200	800W	2-3	if necessary add some water, cover
	500	800W	4-5	stir half way through the heating time
Garnishes	200	800W	1-2	sprinkle with water, cover and stir from time to time.
	500	800W	4-5	
Meat, 1 slice*	200	800W	3-4	thinly spread sauce over the top, cover
Fish fillet*	200	800W	2-3	cover
Sausages 2	180	560W	approx. 2	pierce the skin several times
Cake, 1 piece	100	400W	1/2	place on a cake stand
Baby food, 1 glass	190	400W	approx. 1	remove the lid, after heating stir well and test the temperature
Melting butter or margarine*	50	800W	approx. 1/2	cover
Melting chocolate	100	400W	2-3	stir from time to time
Dissolving six sheets of gelatine	10	400W	1/2	dip into water, squeeze thoroughly and place in a soup bowl, stir from time to time
Glazing for a tart for 1/4 l of liquid	10	400W	5-6	mix the sugar in 250 ml of liquid, cover, stir well during and after heating

* Refrigerator temperature

TABLE: COOKING MEAT, FISH AND POULTRY

Fish and Poultry	Quantity	Power	Time	Hints	Standing time
	-g-	-Setting-	-Min-		-Min-
Roasts (pork, veal, lamb)	500	800W	8-10*	season to taste, place in a shallow flan dish	10
		400W	10-12	turn over after *	
	1000	800W	20-23*		10
		400W	11-13		
Roast beef (medium)	1000	800W	9-11*	season to taste, place in a quiche dish,	10
		400W	5-7	turn over after *	
Minced meat	1000	800W	16-18	prepare the minced meat mixture (half pork/half beef)	10
				place in a shallow casserole dish	
Fish fillet	200	800W	3-4	season to taste, place on a plate, cover	3
Chicken	1200	800W	22-25*	season to taste, place in a casserole dish,	3
				turn half way through cooking time *	
Chicken legs	200	800W	3-4	season to taste, place on a plate, cover	3

* When turning over remove the juices from the dish.



TABLE: THAWING

Food	Quantity -g-	Power -Setting-	Thawing time -Min-	Hints	Standing time -Min-
Roast meat (e.g. pork, beef, lamb, veal)	1500	80W	58-64	place on an upturned plate, turn	30-90
	1000	80W	42-48	half way through thawing time	30-90
	500	80W	18-20		30-90
Steaks, escalopes, cutlets, liver	200	80W	7-8	turn half way through thawing time	30
Goulash	500	240W	8-12	separate and stir half way through thawing time	10-15
Sausages, 8	600	240W	6-9	place next to each other,	5-10
	4	300	240W	4-5	turn half way through thawing time
Duck, turkey	1500	80W	48-52	place upon an upturned plate, turn half way through thawing time	30-90
Chicken	1200	80W	39-43	place upon an upturned plate, turn half way through thawing time	30-90
	1000	80W	33-37	place upon an upturned plate, turn half way through thawing time	30-90
Chicken legs	200	240W	4-5	turn half way through thawing time	10-15
Whole fish	800	240W	9-12	turn half way through thawing time	10-15
Fish fillet	400	240W	7-10	turn half way through thawing time	5-10
Crabs	300	240W	6-8	turn half way through thawing time	30
Rolls, 2	80	240W	app.1	only partially thaw	-
Sliced bread for toasting	250	240W	2-4	remove outer slices after each minute has passed	5
White loaf, whole	750	240W	7-10	turn half way through thawing time (centre still frozen)	30
Cakes, per piece	100-150	80W	2-5	place on a cake stand	5
Cream cake, per piece	150	80W	3-4	place on a cake stand	10
Whole gateau, Ø 25cm		80W	20-24	place on a cake stand	30-60
Butter	250	240W	2-4	only partially thaw	15
Fruit such as strawberries	250	240W	4-5	spread them out evenly	5
raspberries, cherries, plums				turn half way through thawing time	

TABLE: THAWING AND COOKING

Food	Quantity -g-	Power -Setting-	Cooking time -Min-	Added water -tsp/ml-	Hints	Standing time -Min-
Fish fillet	300	800W	10-11	-	cover	1-2
Trout, 1 fish	250	800W	7-9	-	cover	
Platter	400	800W	8-9	-	cover, stir half way through cooking time	-
Leaf spinach	300	800W	7-9	-	cover, stir once or twice during cooking	2
Broccoli	300	800W	7-9	3-5lbsps	cover, stir half way through cooking time	2
Peas	300	800W	7-9	3-5lbsps	cover, stir half way through cooking time	2
Kohlrabi	300	800W	7-9	3-5lbsps	cover, stir half way through cooking time	2
Mixed vegetables	500	800W	12-14	3-5lbsps	cover, stir half way through cooking time	2
Brussels sprouts	300	800W	7-9	3-5lbsps	cover, stir half way through cooking time	2
Red cabbage	450	800W	11-13	3-5lbsps	cover, stir half way through cooking time	2





TABLES

TABLE: COOKING FRESH

Vegetable	Quantity -g-	Power -Setting-	Time -Min-	Hints	Added Water -tbsps/ml-
Leaf Spinach	300	800W	5-7	wash dry well, cover, stir once or twice during cooking	-
Cauliflower	800	800W	15-17	1 whole head, cover, divide into florets, stir	5-6tbsps
	500	800W	10-12	during cooking	4-5tbsps
Broccoli	500	800W	10-12	divide into florets, cover, stir occasionally during cooking	4-5tbsps
Mushrooms	500	800W	8-10	whole heads, cover, stir occasionally during cooking	-
Chinese leaves	300	800W	9-11	cut into strips, cover, stir occasionally during cooking	4-5tbsps
Peas	500	800W	9-11	cover, stir occasionally during cooking	4-5tbsps
Fennel	500	800W	9-11	cut into quarters, cover, stir occasionally during cooking	4-5tbsps
Onions	250	800W	5-7	whole, cook in microwave foil	-
Kohlrabi	500	800W	10-12	dice, cover, stir occasionally during cooking	50ml
Carrots	500	800W	10-12	cut into rings, cover, stir occasionally during cooking	4-5tbsps
	300	800W	9-12		
Green peppers	500	800W	7-9	cut into strips, stir once or twice during cooking	4-5tbsps
Boiled potatoes (skins on)	500	800W	9-11	cover, stir occasionally during cooking	4-5tbsps
Leeks	500	800W	9-11	cut into rings, cover, stir occasionally during cooking	4-5tbsps
Red cabbage	500	800W	10-12	cut into strips, stir once or twice	50ml
				during cooking	
Brussels sprouts	500	800W	9-11	whole sprouts, cover, stir occasionally during cooking	50ml
Boiled Potatoes (salted)	500	800W	9-11	cut into large pieces of a similar size, add a little salt,	150ml
				cover, stir occasionally during cooking	
Celery	500	800W	9-11	dice finely, cover, stir occasionally during cooking	50ml
White cabbage	500	800W	10-12	cut into strips, cover, stir occasionally during cooking	50ml
Courgettes	500	800W	9-11	slice, cover, stir occasionally during cooking	4-5tbsps



RECIPES

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following:

Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book.

Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty. Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

HOW TO USE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (grade M).



Germany

CAMEMBERT TOAST

Total cooking time: approx. 1-2 minutes

Utensil:

Ingredients

- 4 slices of bread for toasting
- 2 tbsps butter or margarine (20 g)
- 150 g Camembert
- 4 tsp Cranberry jelly
- Cayenne pepper

1. Toast the bread and spread with butter.
2. Cut the Camembert into slices and arrange on top of the toast. Put the cranberry jelly in the middle of the cheese and sprinkle with cayenne pepper.
3. Place the toast on a plate and heat for **1-2 Mins**. 800 W

Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese.

Netherlands

MUSHROOM SOUP

Champignonsoep

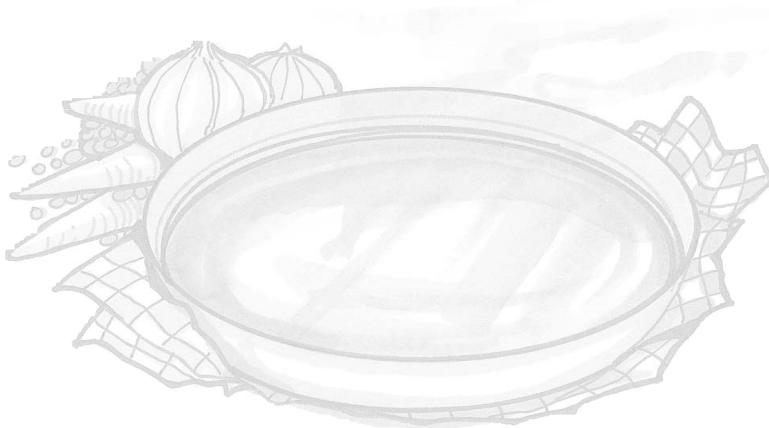
Total cooking time: approx. 13-17 Minutes

Utensil: Bowl with Lid (2 l Capacity)

Ingredients

- 200 g mushrooms, sliced
- 1 onion (50 g), finely chopped
- 300 ml meat stock
- 300 ml Cream
- 2 1/2 tbsps Flour (25 g)
- 2 1/2 tbsps Butter or Margarine (25 g)
- Salt & Pepper
- 1 Egg
- 150 g Crème fraîche

1. Place the vegetables and the stock in the bowl, cover and cook. **8-9 Mins**. 800 W
 2. Blend all the ingredients in the mixer.
 3. Mix the flour and butter to a dough and smooth into the soup. Season with salt and pepper, cover and cook. Stir after cooking. **5-6 Mins**. 800 W
 4. Mix the egg yolk with the cream, gradually stir into the soup. Heat for a short time, but do not let it boil! **1-2 Mins**. 800 W
- Allow the soup to stand for about 5 minutes after cooking.





RECIPES

Switzerland

ZÜRICH VEAL IN CREAM

Total cooking time: approx. 12-16 minutes

Utensil: dish with lid (2 l capacity)

Ingredients

- 600 g veal fillet
- 1 tbsp butter or margarine
- 1 onion (50 g), finely chopped
- 100 ml white wine
- Seasoned gravy browning, for approx. 1/2 l gravy
- 300 ml cream
- 1 tbsp parsley, chopped

France

SOLE FILLETS

Total cooking time: approx. 11-14 minutes

Utensil: shallow, oval oven dish with microwave foil (approx. 26 cm long)

Ingredients

- 400 g sole fillets
- 1 lemon, whole
- 2 tomatoes (150 g)
- 1 tsp butter or margarine for greasing
- 1 tbsp vegetable oil
- 1 tbsp parsley, chopped
- salt & pepper
- 4 tbsps white wine (30 ml)
- 2 tbsps butter or margarine (20 g)

Greece

BRAISED LAMB WITH GREEN BEANS

Total cooking time: approx. 20-24 minutes

Utensil: shallow oval soufflé mould with lid (about 26 cm long)

Ingredients

- 1-2 tomatoes (100 g)
- 400 g lamb, boned
- 1 tsp butter or margarine for greasing the bowl
- 1 onion (50 g), finely chopped
- 1 clove garlic, crushed
- salt, pepper
- sugar
- 250 g tinned green beans

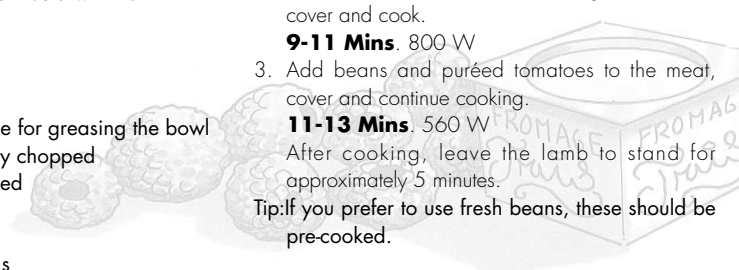
1. Cut the fillet into finger-width strips.
2. Grease the dish all over with the butter. Put the onion and the meat into the dish, cover and cook. Stir once during cooking.
7-9 Mins. 800 W
3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.
5-6 Mins. 800 W
4. Test the veal, stir the mixture once more and allow to stand for approx. 5 minutes. Serve garnished with parsley.

1. Wash the sole fillets and pat them dry. Remove any bones.
2. Cut the lemon and the tomatoes into thin slices.
3. Grease the oven dish with butter. Place the fish fillets inside and drizzle the vegetable oil over them.
4. Sprinkle parsley over the fish, place the tomato slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them.
5. Place small pats of butter on top of the lemon, cover and cook.
10-12 Mins. 800 W
After cooking allow the fish fillets to stand for approx. 2 minutes.

Tip: This recipe can also be used for Haddock, Halibut, Mullet, Plaice or Cod.

1. Skin and remove the stalks of the tomatoes, then purée in a blender or food processor.
2. Cut the lamb into large chunks. Grease the bowl with butter. Add meat, onions and garlic, season, cover and cook.
9-11 Mins. 800 W
3. Add beans and puréed tomatoes to the meat, cover and continue cooking.
11-13 Mins. 560 W
After cooking, leave the lamb to stand for approximately 5 minutes.

Tip: If you prefer to use fresh beans, these should be pre-cooked.





Italy

LASAGNE

Total cooking time 22-27 minutes

Utensils: Bowl with lid (2 l capacity)
shallow square soufflé mould with lid
(approx 20 x 20 x 6 cm)

Ingredients

300 g tinned tomatoes
50 g ham, finely cubed
1 onion (50 g), finely chopped
1 clove of garlic, crushed
250 g minced meat (beef)
2 tbsps mashed tomato (30 g)
salt, pepper
oregano, thyme, basil, nutmeg
150 ml cream (crème fraîche)
100 ml milk
50 g grated Parmesan cheese
1 tsp mixed chopped herbs
1 tsp olive oil
1 tsp vegetable oil to grease the mould
125 g lasagne verde
1 tbsps grated Parmesan cheese
1 tbsps butter or margarine

France

RATATOUILLE

Total cooking time 19-21 minutes

Utensils: Bowl with lid (2 l capacity)

Ingredients

5 tbsps olive oil (50 ml)
1 clove garlic, crushed
1 onion (50 g), sliced
1 small aubergine (250 g), cut into cubes
1 courgette (200 g), into cubes
1 pepper (200 g), cut into large cubes
1 Small fennel (75 g) cut into large cubes
1 bouquet garni
200 g tinned artichoke hearts, cut into quarters
salt, pepper

1. Cut the tomatoes into slices, mix with the ham and onion, garlic, minced meat and mashed tomato. Season and cook with the lid on. Stir during cooking.

7-9 Mins. 800 W

2. Mix the cream with the milk, Parmesan cheese, herbs, oil, and spices.
3. Grease the soufflé mould and cover the bottom of the mould with about $\frac{1}{3}$ of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional $\frac{1}{3}$ of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butter flakes on top and cook with the lid on.

15-16 Mins. 560 W

After cooking, let the lasagne stand for approximately 5-10 minutes.

1. Place the olive oil and garlic clove in the bowl. Add the prepared vegetables, except the artichoke hearts, and season with pepper. Add the bouquet garni, cover and cook, stirring once.

18-20 Mins. 800 W

For the last 5 minutes, add the artichoke hearts and heat.

2. Season the ratatouille to taste with salt and pepper. Remove the bouquet garni before serving. After cooking, leave the ratatouille to stand for around 2 minutes.

Tip: Ratatouille can be served hot with meat dishes. Served cold, it also makes an excellent starter.

A bouquet garni consists of: one stalk of parsley, a bunch of herbs suitable for seasoning soup, one stalk of lovage, one stalk of thyme, several bay leaves.



RECIPES

Spain

BAKED POTATOES

Total cooking time 12-16 minutes

Utensils: Bowl with lid (2 l capacity)
China plate

Ingredients

4 medium sized potatoes (400 g)
100 ml water
60 g ham, cut into fine cubes
 $\frac{1}{2}$ onion (25 g) finely cubed
75-100 ml milk
2 tbsp grated Parmesan cheese (20 g)
salt, pepper
2 tbsp grated Emmental cheese

1. Place the potatoes in a dish, add the water, cover and cook. Rearrange halfway through cooking.

8-9 Mins. 800 W

Leave to cool.

2. Cut the potatoes lengthwise and carefully remove the potato from the skin. Mix the potato with the ham, onion, milk and Parmesan cheese to an even consistency. Season with salt and pepper.
3. Fill the potato skins with potato mixture and sprinkle with Emmental cheese. Place potatoes on a plate and cook.

4-6 Mins. 800 W

After cooking, leave to stand for approximately 2 minutes.

Denmark

FRUIT JELLY WITH VANILLA SAUCE

Total cooking time 10-13 minutes

Utensils: Dish with lid (2 l capacity)
(1 l capacity)

Ingredients

150 g redcurrants, washed and stalks removed
150 g strawberries, washed and haulms removed
150 g raspberries, washed and haulms removed
250ml white wine
100 g sugar
50 ml lemon juice
8 gelatin leaves
300 ml milk
inside of $\frac{1}{2}$ vanilla pod
30 g sugar
15 g food thickener

1. Put some of the fruit to one side for decoration. Purée the rest of the fruit with the white wine, put it into a dish, cover and heat.

7-9 Min. 800 W

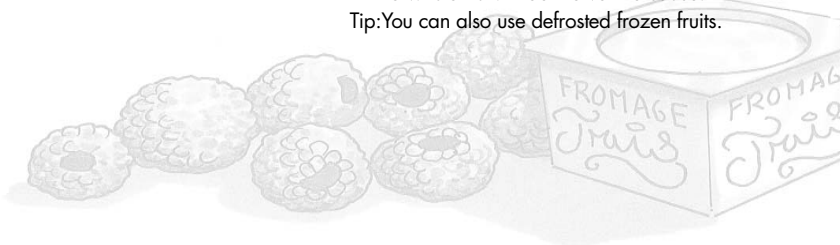
Fold in the sugar and the lemon juice.

2. Soak the gelatin in cold water for approx. 10 minutes, then take it out and squeeze dry. Stir the gelatin in with the hot purée until it has dissolved. Place the jelly in the refrigerator and leave to set.
3. To make the vanilla sauce; put the milk into the other dish. Slit the vanilla pod and remove the inside. Stir this in with the milk, together with the sugar and the food thickener, cover and cook, stirring during cooking and again at the end.

3-4 Min. 800 W

4. Turn out the jelly onto a plate and decorate with the whole fruit. Add the vanilla sauce.

Tip: You can also use defrosted frozen fruits.



- SEULEMENT VALIDE POUR L'ALLEMAGNE ET L'AUTRICHE • SLECHTS GELDIG VOOR DUITSLAND EN OOSTENRIJK •
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Garantieleistungen: Sharp Electronics (Europe) GmbH erfüllt seine Garantieverpflichtungen für Mängel durch kostenlose Reparatur und einen **Quick 48 Stunden Vor-Ort-Service**. Etwa anfallende Transportkosten innerhalb Deutschlands und Österreich übernehmen wir.

Im Quick 48 Stunden Vor-Ort-Service werden alle Reklamationen, die an Werktagen außer samstags bis 17:00 Uhr beim Quick 48 Deutschland, Tel.: 0180 / 5 23 46 74 *(€ 0,12/Min) und in Österreich Tel.: 0820 / 240 496 ** (€ 0,145/Min) eingehen, ab dem darauffolgenden Werktag gerechnet, im Regelfall innerhalb 48 Stunden bei Ihnen im Vor-Ort-Service repariert.

Geltendmachung der Garantie: Der Mangel des Gerätes muss innerhalb der Garantiefrist unter Angabe des Kaufdatums, der Modellbezeichnung und der Seriennummer des Gerätes unter den oben aufgeführten Telefonnummern Deutschland Tel.: 0180 / 5 23 46 74 (€ 0,12/Min) und Österreich Tel.: 0820 / 240 496 (€ 0,145/Min) geltend gemacht werden. Bei der Vor-Ort-Reparatur ist dann der Kaufbeleg, aus dem sich das Kaufdatum, die Modellbezeichnung und die Seriennummer des Gerätes ergibt, vorzulegen.

Achtung:

Wird dieser Service für von Ihnen selbst ein-/untergebaute Geräte in Anspruch genommen, sind für Aus-/und Einbau, Fahrzeit und Km die entstehenden Kosten von Ihnen zu tragen!

Bitte erkundigen Sie sich vor Anforderung des Kundendienstes bei diesem über die anfallenden Kosten. Den für Sie nächstgelegenen Kundendienst nennt Ihnen gern unsere o.g. Hotline.

Als Nachweis für Sachmängel-/ Garantiearbeiten dient Ihr Kaufbeleg / Rechnung.

Selbstverständlich können Sie unseren QUICK 48 Vor-Ort-Service Mikrowellengeräte auch nach Ablauf der Verjährungsfristen für Sachmängel-/Garantiefristen in Anspruch nehmen, dann jedoch gegen Aufwandsberechnung des jeweiligen Kundendienstes.

**Garantiegeber: SHARP Electronics (Europe) GmbH, Sonninstrasse 3, 20097 Hamburg
www.sharp.de**

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Vorgehensweise bei Vorliegen eines Produktmangels:

- Wurde Ihr Gerät durch einen Fachbetrieb mit einem von Sharp genehmigten Einbaurahmen oder rahmenlos ein-/untergebaut, können Sie die unter Ziffer 1. aufgeführten Garantieansprüche im Rahmen des Quick 48 Stunden Vor-Ort-Service geltend machen und sich direkt an den KUNDEN-SERVICE wenden oder Sachmängel gegenüber Ihrem Verkäufer geltend machen.
- Für alle übrigen Geräte können Sie die unter Ziffer 2. aufgeführten Garantieansprüche ohne Quick 48 Stunden Vor-Ort-Service oder Sachmängel gegenüber Ihrem Verkäufer geltend machen.

2. Garantie ohne Quick 48 Stunden Vor-Ort-Service

Gilt für Deutschland und Österreich

Haushalts - Mikrowellengeräte

Wichtiger Endkunden – Hinweis: Serviceabwicklung nur über den Verkäufer. Die in dieser Garantie beschriebenen Ansprüche stehen Ihnen zusätzlich neben den gesetzlichen Sachmängelansprüchen gegen Ihren Verkäufer zu.

Sehr geehrter Sharp Kunde,

SHARP- Geräte sind Markenartikel, die mit Präzision und Sorgfalt nach modernen Fertigungsmethoden hergestellt werden. Bei sachgemäßer Handhabung und unter Beachtung der Bedienungsanleitung wird Ihnen Ihr Gerät lange Zeit gute Dienste leisten.

Das Auftreten von Fehlern ist aber nie auszuschließen. Sollte Ihr Gerät innerhalb der gesetzlichen oder mit Ihrem Verkäufer vereinbarten Verjährungsfristen für Sachmängel-/ Garantiefristen einen Mangel aufweisen und das Gerät wurde **nicht von Ihrem Handelspartner ein-/untergebaut**, so wenden Sie sich bitte an den Verkäufer, bei dem Sie das Gerät erworben haben und geben Sie das defekte Gerät dort ab, denn dieser ist Ihr Ansprechpartner für Sachmängel.

Umfang der Garantie: Wenn ein herstellungsbedingter Material- und/oder Verarbeitungsmangel (nachfolgend „Mangel“) bei dem Gerät oder Teilen davon - mit Ausnahme der in der Bedienungsanleitung angegebenen Teile mit begrenzter Lebensdauer – innerhalb von 24 Monaten auftritt, können Sie unsere Garantieleistung in Anspruch nehmen.

Die Garantie umfasst nicht Mängel, die durch unsachgemäße Behandlung, Bedienungsfehler oder durch Fremdeinwirkung entstanden sind.

Die Garantiefrist von 24 Monaten beginnt mit dem Tag, an dem Sie das fabrikneue Gerät von einem Händler gekauft haben. Die Erbringung von Garantieleistungen verlängert nicht die Garantiezeit.

Die Garantie gilt für alle Geräte, die ab dem 01.12.2001 in Deutschland und in Österreich ab dem 01.04.2004 gekauft worden sind.

Garantieleistung: Sharp Electronics (Europe) GmbH erfüllt seine Garantieverpflichtung für Mängel nach seiner Wahl durch kostenlose Reparatur oder durch Austausch des mangelhaften Gerätes gegen ein mangelfreies. Etwa anfallende Transportkosten innerhalb Deutschlands und Österreich werden von uns übernommen.

Geltendmachung der Garantie: Um die Garantie in Anspruch nehmen zu können, benötigen Sie den Kaufbeleg (Rechnung, Quittung) aus dem sich das Kaufdatum, die Modellbezeichnung und Seriennummer des Gerätes ergibt. Der Mangel des Gerätes muss innerhalb der Garantiefrist von Ihnen gegenüber einem Sharp Service-Partner oder einem autorisierten Händler von Sharp Electronics (Europe) GmbH geltend gemacht werden. Bei weiteren Fragen wenden Sie sich bitte an **unsere Service-Hotline 01805-29 95 29 *** (€ 0,12 /Min)

Selbstverständlich können Sie die Hilfe unserer Service-Hotline 01805-29 95 29 * (€ 0,12 /Min) für Sharp-Mikrowellengeräte auch nach Ablauf der Verjährungsfristen für Sachmängel-/Garantiefristen in Anspruch nehmen, dann jedoch gegen Aufwandsberechnung des jeweiligen Kundendienstes.

**Garantiegeber: SHARP Electronics (Europe) GmbH, SonninstraÙe 3, 20097 Hamburg
www.sharp.de**

BELGIUM - <http://www.sharp.be>

En cas d'une réclamation concernant une four a micro-onde SHARP, nous vous prions de vous adresser à votre spécialiste ou à une adresse des SHARP Services suivantes.

Indien uw magnetron problemen geeft kunt u zich wenden tot uw dealer of een van de onderstaande Sharp service centra.

SHARP ELECTRONICS, Phone: 0900-10158

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NETHERLAND - <http://www.sharp.nl>

Indien uw magnetron problemen geeft kunt u zich wenden tot uw dealer of naar onderstaand Sharp Service Centrum.

SHARP ELECTRONICS BENELUX BV, Helpdesk - Postbus 900, 3990 DW Houten, 0900-7427723

FRANCE - <http://www.sharp.fr>

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AVILA: Daniel Serran0 Labrado, Cl Jose Gochicoca 16, Arenas De S.Pedro, 920/ 37.15.16 / **Elettronica Gredos**, Cl Eduardo Marquina 24, Avila, 920/ 22.48.39 / **Reparaciones San Segundo**, Cl Soría 6, Avila, 920/ 22.33.21

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BADAJOS: **Indalecio Amaya Sanchez**, Cl Carreras 11, Almendralejo, 924/ 66.47.01 / **Electronica Bote**, Pz Portugal 2, Badajoz, 924/ 22.17.40 / **Patricio Electronica**, Cl Reyes Huertas 7, Merida, 924/ 33.04.13 / **Electronica Centeno S.L.**, Av Del Zafra 1, Puebla Sancho Perez, 924/ 57.53.08 / **C.E. Vilanovense C.B.**, Cl Camino Magacela 4 Local-5, Villanueva Serena, 924/ 84.59.92

BALEARES (MENORCA): **Insat, Cb**, Cl Pintor Calbo 30, Mahon, 971/ 36.53.18

BALEARES (IBIZA): **Reparaciones Ortega**, Cl Via Punicá 33, Ibiza, 971/ 39.01.55

BALEARES (MALLORCA): **Instalaciones Maes, S.L.**, Cl Son Nadal 63, Palma De Mallorca, 971/ 27.49.47

BARCELONA: **Servinters, S.C.C.L.**, Pz Casagemes 20, Badalona, 93/ 389.44.60 / **Fermo**, Av Morera 5, Badalona, 93/ 465.22.00 / **Videoclor**, Cl Villarreal 44, Barcelona, 93/ 454.99.08 / **4 En 1 Reparaciones**, Cl Taquígrafos Martí 19, Barcelona, 93/ 430.97.26 / **La Clínica Del Electrood**, Cl Balmes 160, Barcelona, 93/ 236.44.11 / **Pulgar I Edo S.L.**, Cl Castillejos 333, Barcelona, 93/ 436.44.11 / **Domotica**, Av Diagonal 296, Barcelona, 93/ 408.66.22 / **Estarlich**, Cl Industria 131, Calella, 93/ 766.22.33 / **Joaquín Casajoana Pages**, Cl Major 19 (Tienda), Castelldefels, 93/ 664.43.60 / **Electronica Mateos**, Cr De Caldas (Bajos) 76, Granollers, 93/ 849.28.77 / **Teelco**, Av Balmes 90, Igualada, 93/ 805.11.90 / **Elde**, Cl Bruch 55, Manresa, 93/ 872.85.42 / **Totvisio Electronica S.L.**, Pj Ferrer 14, Manresa, 93/ 873.88.81 / **Ramon Vilaret De Gea**, Cl Moli De Vent 21, Mataro, 93/ 798.02.48 / **Estarlich**, Cl Ouquebisbe Creus 12, Mataro, 93/ 790.22.89 / **Salja & Mat**, Cl La Roseta 15 L3, Molins De Rey, 93/ 668.13.61 / **Ce.Va.Sat**, Ps Rubio I 8s 105, Sabadell, 93/ 710.76.13 / **Servei Tecnica Ferrer**, Cl Sarda 37, Sabadell, 93/ 710.51.38 / **Fix Servicio Tecnico**, Cl Valles 88, Sant Cugat Vallés, 93/ 675.59.02 / **Ce. Va. Sat, S.C.**, Cr Matadepera 87, Terrassa, 93/ 785.51.11 / **Laurea S.A.T.**, Cl Guilleris Bis 20, Vic, 93/ 889.02.48 / **Fred Vilafranca**, Cl Progres 42, Vilafranca Del Penedes, 93/ 890.48.52 / **Top Electronica**, Cl Misser Rufet 4 Bjos, Vilafranca Penedes, 93/ 890.35.91

BILBAO: **Telnor**, Pz Juanene 5 Trs, Erandio, 94/ 417.04.97

BURGOS: **Servitec Burgos S.L.**, Cl Lavaderos 7-9, Burgos, 947/ 22.41.68 / **Electronica Mas**, Cl Alfonso Vi 6, Miranda De Ebro, 947/ 31.49.94

CACERES: **Ruiz Garcia Jose**, Cl Ecuador 5-B, Cáceres, 927/ 22.48.86 / **Arsenio Sanchez, C.B.**, Cl Tornavacas 9, Plasencia, 927/ 41.11.21 / **Radio Sanchez C.B.**, Av De Mijajadas S/N, Trujillo, 927/ 32.06.88

CADIZ: **Jose Borja Y Jose Arana**, Cl San Antonio 31, Algeciras, 956/ 66.60.53 / **Galan Sat S.L.**, Cl Cruz Roja Española 11, Cadiz, 956/ 20.14.17 / **Fermafrio**, Pz España 1, Cadiz, 956/ 28.10.82 / **Novomam-Sat**, Pol. Urbisur, Jorge Juan 4, Chiclana De La Frontera, 956/ 40.12.09 / **Electronica Y Climatizacion Jeda**, Cl Divina Pastora E-I L-4,5,6, Jerez La Frontera, 956/ 33.64.99 / **Servitel**, Cl Porvenir 11 Local, Jerez La Frontera, 956/ 33.76.55 / **Electrogan**, Cl Pagador 31, Pto. Sta. Maria, 956/ 87.07.05 / **Galan Sat S.L.**, Cl Factoria Matagorda 52, Puerto Real, 956/ 83.35.35 / **Rota Electrosur**, Cl Malaga 11, Rota, 956/ 81.59.60

CANTABRIA: **Electronica Seyma**, Cl Camilo Alonso Vega 48, Santander, 942/ 32.50.60

CASTELLON: **Electronica Maestrat**, Ps Febrer Soriano 65, Benicarlo, 964/ 46.03.08 / **Asiste, S.L.**, Av De Valencia Nave 19, Castellon, 964/ 21.57.69 / **Vensat Reparaciones**, Cl Vinaros 24, Castellon, 964/ 20.57.12

CEUTA: **Pedro A. Carcaño Lopez**, Cl Urano (Local 7), Ceuta, 956/ 50.43.99

CIUDAD REAL: **Tele-Nueva**, Cl Campo 56, Tomelloso, 926/ 50.59.96 / **Electronica Arellano**, Cl Lorenzo Rivas 14, Alcazar De San Juan, 926/ 54.78.95 / **Lara Technitel**, Cl De La Jara 1, Ciudad Real, 926/ 21.17.87 / **Satelec**, Cl Libertad 13, Ciudad Real, 926/ 22.01.55 / **Climatec**, Cl Pozo 3 4º A, Puertollano, 652/ 79.03.60 / **Angel Rodero Bellow**, Cl Asturias 26, Tomelloso, 926/ 51.52.76 / **Cordobiaz S.L.**, Cl Buensuceso 10, Valdepeñas, 926/ 32.23.24

CORDOBA: **Electronica Sales**, Cl Andalucía 11, Aguilar Frontera, 957/ 66.09.04 / **Dueñas Ca IAs Teodoro**, Cl Hermano Juan Fdez 15, Córdoba, 957/ 26.35.06 / **Cayro**, Cl Hermano Juan Fdez. 15, Córdoba, 957/ 26.35.06 / **Microm Electronica**, Av Aeropuerto 2, Córdoba, 957/ 23.02.22 / **Antonio Gonzalez Esquinas**, Cl Gral Primo Rivera 61, Peñarroya, 957/ 57.10.50 / **Serpriego S.L.**, Cl San Luis 4 Bjo. Izda., Priego De Córdoba, 957/ 54.15.11

GIRONA: **Reparaciones Pilsa S.C.**, Cl J. Pascual I Prats 8, Gerona, 972/ 20.66.96 / **Felii Canalias**, Cl Major 26, Campdevanó, 972/ 73.01.72 / **Riera Daviu**, Cl Torras Y Bages 19, Figueres, 972/ 50.32.64 / **Satel**, Ps De Barcelona 12, Olot, 972/ 26.55.19 / **New Meresa**, Cl Surera Bertran 23, Palafregell, 972/ 30.44.54 / **Arbe Servei**, Av Pompeu Fabra 134, Palafregell, 696/ 20.14.08

GRANADA: **Servicoata**, Pz Dr. Alvarez Riosol 1, Almuñecar, 958/ 63.11.43 / **Digitam Electronica**, Av Jose De Mora 16, Baza, 958/ 70.04.52 / **Electronica Wenceslao**, Cl Fontiveros 42, Granada, 958/ 81.16.16 / **Fermasa**, Cl Azorin 7, Granada, 958/ 25.64.77 / **Servigon**, Cl Hospital De La Virgen 22, Granada, 958/ 20.52.81 / **Electronica Vargun**, C./Mozart L2 Ed.Granate, Granada, 958/ 26.06.01

GUADALAJARA: **Tecnicas Marvi S.L.**, Pz Capitan Boixareu 51, Guadalajara, 949/ 23.27.63 / **Ferreteria Toledano**, Cl Ejercito 17 A, Guadalajara, 949/ 23.02.61

GUIPUZCOA: **Teknibat Electronica**, Cl Zezenbide 4, Eibar, 943/ 70.24.37 / **Estudios 3, C.B.**, Pz De Los Estudios 3, San Sebastian, 943/ 45.37.97 / **Reparaciones Urruti S.L.**, Ps Aintzieta 32, San Sebastian, 943/ 45.84.10

HUELVA: **Abril Sanchez Valentin**, Cl Cadiz 2, Cala, 959/ 10.60.41 / **Telejara**, Pol. Polirrosa ClA Nave-27, Huelva, 959/ 22.60.74 / **Telesonid Huelva, S.C.A.**, Cl Fco.Vazquez Limon 4, Huelva, 959/ 24.38.60 / **Airsect Huelva**, Ps De La Glorieta 6, Huelva, 959/ 22.88.13 / **Electro Sur**, Cl Alonso De Ercilla 23, Huelva, 959/ 29.06.15

JAEN: **Electronica Gonzalez**, Corredera San Bartolome 11, Andujar, 953/ 50.33.82 / **Electro Himega, S.A.**, Cl Adarves Bajos 4-C, Jaen, 953/ 24.22.56 / **Uniservic Electronica**, Cl Goya 1 Bjos, Ubeda, 953/ 75.14.19

LA CORUÑA: **Ramsat**, Av Finisterre 117-B, Cee, 981/ 74.74.61 / **Zener Electronica**, Cl Ronda De Monte Alto 15, La Coruña, 981/ 22.07.00 / **S.T. Mendez**, Cl Gil Vicente 13, La Coruña, 981/ 27.52.52 / **Bandin Audio**, Cl Rua Arcos Moldes 2 B-3, Rianxo, 981/ 86.60.23 / **Victor Perez Quintela**, Cl Entrerios 35, Santiago De Compostela, 981/ 58.43.92

LA RIOJA: **Top Service**, Cl Achutegui De Blas 17, Calahorra, 941/ 13.50.35 / **Electronica Musand**, Cl Rey Pastor 60-62, Logroño, 941/ 22.84.52 / **Aguado Sat**, Cl Velez De Guevara 26 Bajo, Logroño, 941/ 25.25.53

LEON: **Prosat**, Pz Doce Martires 5, Leon, 987/ 20.34.10 / **Tecnyser Electro**, Cl Relojero Losada 25, Leon, 987/ 22.77.87 / **Asist. Tecnica Marcos**, Cl Conde De Toreno 5, Leon, 987/ 20.01.01 / **Domespa Bierzo**, Cl Batalla De Lepanto 8, Ponferrada, 987/ 41.14.29

LERIDA: **Satef**, Cl Sant Pelegrí 54, Tarrega, 973/ 50.08.48 / **Electronica Guirao**, Cl Sant Pere Claver 16 B-2, Tarrega, 973/ 50.02.34 / **Jordi Duro Fort**, Cl Industria 6 3º 3º, Tremp, 973/ 65.25.15

LLEIDA: **Ielsa Electronica**, Cl Tarragona 15, Lleida, 973/ 24.71.27 / **Cristel**, Cl Vallcalent 32, Lleida, 973/ 27.08.26

LUGO: **Televexo S.L.**, Cl Nosa Srta. Do Carmen 82, Burela, 982/ 58.18.57 / **Servicio Tecnico Pasfer**, Av Arcadio Pardiñas 77, Burela, 696/ 17.86.458 / **Electronica Penalo**, Cl Serra Gañidoira 63, Lugo, 982/ 21.47.43 / **Electronica Fouces**, Cl Benito Vicetto 34, Monforte De Lemos, 982/ 40.24.38

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MADRID: **Video Service Electronic**, Cl Era Honda 9, Alcalá De Henares, 91/ 880.27.87 / **Variosat, S.L.**, Cl Isla De Correaga 24, Alcobendas, 91/ 662.04.68 / **Ugenasa**, Cl La Candelaja 4, Alcorcón, 91/ 611.52.51 / **Electronica Barajas**, Pz Del Jubilado 8, Barajas, 91/ 305.48.90 / **Tec-Norte**, Cl Santiago Apostol 5, Collado Villalba, 91/ 851.63.47 / **Garman C.B.**, Cl Carlos Sole 38 Local, Madrid, 91/ 380.33.49 / **Electronica Garman, C.B.**, Cl Mandarin 15, Madrid, 91/ 368.01.79 / **Electronica Ansar**, Cl Tomasa Ruiz 4, Madrid, 91/ 460.47.45 / **Elbeservi, S.A.**, Cl Dr.R. Castrovirre 19, Madrid, 91/ 386.27.11 / **Cromadelta**, Cl Alfonso XII 31, Mostoles, 91/ 664.16.41

MALAGA: **Servisuel, Edif. La Union**, Cm De Las Cañadas Lc 2, Fuengirola, 952/ 46.90.28 / **Climaite Plus**, Cl Guaro 4, Malaga, 95/ 234.50.36 / **Electronica Garcia Campoy**, Av Velazquez 5, Malaga, 952/ 32.00.77 / **Electronica Bg**, Cl Andalucía 2, San Pedro De Alcantara, 952/ 78.50.09 / **Video Taller, S.C.**, Edif. La Noria B Bjos-5, Torre Del Mar, 952/ 54.23.95

MELILLA: **Sonitex**, Cl Ejercito Español 3, Melilla, 952/ 68.30.80 / **MURCIA:** **Reg., C.B.**, Cl Ramon Y Cajal 27, Cartagena, 968/ 51.00.06 / **Caro Porlan Raimundo**, Cl Jose Moutiua 45, Lorca, 968/ 46.18.11 / **J. Luis Haro Calvo**, Cl La Seda 8 Edif. Las Terrazas, Lorca, 968/ 47.18.79 / **Electroservicios Seba, C.B.**, Cl Isaac Albeniz 4 Bjos, Murcia, 968/ 29.85.93 / **Visatel**, Cl Torre Alvarez S/N, Murcia, 968/ 24.16.47 / **Electro Servicios Plaza**, Cl Gomez Cortina 10, Murcia, 968/ 28.45.67 / **Angel Lopez Alcaraz**, Cl Sierra Del Espartal 6 (Edif. Ana), Murcia, 968/ 29.39.10 / **Rafael Gomez Yelo**, Ps Corbera 17, Murcia, 968/ 26.14.67

NAVARRA: **A. T. Pamplona**, Cl Julian Gayarre 1, Pamplona, 948/ 24.19.50 / **Unitec**, Cl Fuente Canonigos 5, Tudela, 948/ 82.74.34

ORENSE: **Fernandez Gonzalez Jose**, Av Buenos Aires 75 Bjos, Orense, 988/ 23.48.53 / **Antonio Rodriguez Alvarez**, Cl Cabeza De Manzaneda 7, Orense, 988/ 22.40.98

PALENCIA: **Electronica Javier**, Av Castilla 77, Palencia, 979/ 75.03.74 / **Multiservicio Palencia**, Cl Cardenal Cisneros 20, Palencia, 979/ 74.53.80

PAMPLONA: **Electro Reparaciones 2000**, Cl Monasterio Fitero 26, Pamplona, 948/ 26.79.12

PONTEVEDRA: **Imason**, Cl Loureiro Crespo 43, Pontevedra, 986/ 84.16.36 / **Central De Servicios**, Cl Asturias (Bajo) 10, Vigo, 986/ 37.47.45 / **Sial-Alvimo S.L.**, C/ C.Torrecedeira 92 Bjos, Vigo, 986/ 29.93.01 / **Electronica Cambados**, Cl Camilo Jose Cela 13, Vilagarcia Arousa, 986/ 50.83.27

SALAMANCA: **Almat Electronica**, Cl Galileo 21, Salamanca, 923/ 22.45.08 / **J. Daniel Martinez**, Cl Abraham Lacut 11-15, Salamanca, 923/ 19.16.10

SEGOVIA: **Guijo S.T.**, Cl Teofilo Ayuso 2 Local, Segovia, 921/ 42.94.18

SEVILLA: **Electro 93 S.L.**, Cl Melliza 1, Dos Hermanas, 95/ 472.37.16 / **Electronica Bersabe**, Pasaje Merinos 62 A, Ecija, 95/ 483.33.93 / **Electronica Guillen**, Cl La Cilla 70, Osuna, 954/ 81.12.96 / **Electronica Triana**, Cl Evangelista 69-71 L-25, Sevilla, 95/ 433.83.03 / **Telepal**, Cl Julio Verne 49, Sevilla, 95/ 464.95.80 / **Auvitel, S.L.**, Cl Virgen De Africa 20, Sevilla, 95/ 427.57.07 / **Luis Rivas Caldas**, Cl Febo 16, Sevilla, 95/ 451.73.55 / **Intersat Sevilla**, Cl Beethoven 5, Sevilla, 95/ 443.02.26 / **Frilar**, Pol. Indust. Navisa C/A 47, Sevilla, 95/ 492.14.44 / **Televideo Nervion**, Cl Juan Curiel 22, Sevilla, 95/ 458.10.66

SORIA: **Teco**, Cl Antolin De Soria 10, Soria, 975/ 22.61.25

TARRAGONA: **Selecco S.L.**, Cl Calderon De La Barca 11, Amposta, 977/ 70.00.12 / **Mañe Grifolls**, Cl Jesus 21, Calafell, 977/ 69.04.39 / **Tecno Serveis Mora**, Cl Pau Picasso 1, Mora D'ebre, 977/ 40.08.83 / **Euro Tecnicas Electronica**, Cl Lepanto 16-18, Reus, 977/ 32.24.89 / **Martorell Altes Francisco**, Cl Roseta Mauri 10, Reus, 977/ 75.32.41 / **Electronica Loguard**, Cl Vapor Vell 17, Reus, 977/ 32.38.04 / **Electronica S. Torres**, Cl Ernest Vilches 4B L2, Tarragona, 977/ 21.21.48 / **Sertec, S.C.**, Cl Caputxins (Bajos) 22, Tarragona, 977/ 22.18.51 / **Electro Servei C.B.**, Ps Moreira 10, Tortosa, 977/ 51.04.42

TERUEL: **Electronica Alcañiz S.L.**, Cl Carmen 21, Alcañiz, 979/ 87.07.94 / **Teleservicio Bajo Aragon**, Cl Romualdo Soler 4, Alcañiz, 978/ 87.08.10 / **Alejandro Hernandez**, Rb San Julian 59, Teruel, 978/ 60.85.51

TOLEDO: **Electro Anaya**, Cl Vertedera Alta 14, Consuegra, 925/ 48.09.81 / **Electronica Rivas**, Cl Barrio San Juan 1, Talavera La Reina, 925/ 80.55.46 / **Electronica Fe-Car, S.L.**, Av Santa Barbara 30, Toledo, 925/ 21.21.45 / **Electronica Jopal S.L.**, Av Santa Barbara S/N, Toledo, 925/ 25.04.42

VALENCIA: **Envisa Electronic, S.L.**, Cl General Espartero 9, Alzira, 96/ 241.24.87 / **Tecno Hogar**, Cl Dos De Mayo 41, Gandia, 96/ 286.53.35 / **Electro Servis**, Cl Grupo San Valero 4-6, Sueca, 96/ 170.38.50 / **Frifonta**, Cl Actor Llorens 3, Valencia, 96/ 369.92.66 / **Servicios Electronicos**, Cl Doctor Cloriz 3, Valencia, 96/ 340.20.34 / **Antonio Monleon, S.L.**, Av De La Plata 91, Valencia, 96/ 334.55.87

VALLADOLID: **Electronica Vitelson**, Pz Del Mercado 9, Medina Del Campo, 983/ 80.43.56 / **Teleservicios**, Cl Esgueva 6, Valladolid, 983/ 30.92.61 / **Asist. Tecnica Marcos**, Cl Pio Del Rio Hortega 2.4, Valladolid, 983/ 29.78.66 / **Jesus Alburquerque**, Cl Vinos Ribera Del Duero 10, Valladolid, 983/ 24.62.26 / **Teodoro Negro Hernandez**, Gloria Descubrimiento 4, Valladolid, 983/ 39.17.81

VIZCAYA: **Servitelle**, Cl Autonomia 24 Galerías, Bilbao, 94/ 444.89.02 / **Negredo Martin Daniel**, Cl Padre Pernet 8, Bilbao, 94/ 411.22.82 / **Collantes Martin Onofre**, Cl Ortuño De Alango 7, Portugaleta, 94/ 483.21.22

ZAMORA: **R.T.V. Blanco**, Cl Eduardo Julian Perez 9, Zamora, 980/ 51.14.41

ZARAGOZA: **Cinca Monterde Antonio**, Cl Via Universitat 52, Zaragoza, 976/ 31.69.65 / **Aragon Televideo, S.C.**, Cl Batalla Clavijo 18, Zaragoza, 976/ 32.97.12

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SUOMI

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Stromversorgung		: 230 V, 50 Hz, Einphasenstrom
Sicherung/Sicherungsautomat		: Mindestens 10 A
Leistungsaufnahme:	Mikrowelle	: 1,25 kW
Leistungsabgabe:	Mikrowelle	: 800 W (IEC 60705)
Mikrowellenfrequenz		: 2450 MHz*(Gruppe 2/Klasse B)
Außenabmessungen		: 460 mm (B) x 275 mm (H) x 380 mm (T)
Garraumabmessungen		: 319 mm (B) x 211 mm (H) x 336 mm (T)**
Garrauminhalt		: 22 Liter**
Drehsteller		: ø 272mm
Gewicht		: 12 kg
Garraumlampe		: 25 W/240-250 V

- * Dieses Produkt erfüllt die Anforderungen des europäischen Standards EN55011. Das Produkt wird standardkonform als Gerät der Gruppe 2, Klasse B eingestuft. Gruppe 2 bedeutet, dass das Gerät zweckbestimmt hochfrequente Energie in Form elektromagnetischer Strahlen zur Wärmebehandlung von Lebensmitteln erzeugt. Gerät der Klasse B bedeutet, dass das Gerät für den Einsatz im häuslichen Bereich geeignet ist.
- ** Der Garrauminhalt wird aus der max. gemessenen Breite, Tiefe und Höhe errechnet. Die tatsächliche Aufnahmekapazität von Lebensmitteln ist jedoch geringer.

Dieses Gerät entspricht den Anforderungen der EG-Richtlinien 89/336/EEC und 73/23/EEC mit Änderung 93/68/EEC.

DIE TECHNISCHEN DATEN KÖNNEN JEDERZEIT OHNE ANGABE VON GRÜNDEN GEÄNDERT WERDEN, UM DEM TECHNISCHEN FORTSCHRITT RECHNUNG ZU TRAGEN.

Tension d'alimentation		: 230 V, 50 Hz, monophasé
Fusible/disjoncteur de protection		: 10 A minimum
Consommation électrique:	Micro-ondes	: 1,25 kW
Puissance:	Micro-ondes	: 800 W (IEC 60705)
Fréquence des micro-ondes		: 2450 MHz*(Groupe 2/Classe B)
Dimensions extérieures		: 460 mm (W) x 275 mm (H) x 380 mm (D)
Dimensions intérieures		: 319 mm (W) x 211 mm (H) x 336 mm (D)**
Capacité		: 22 litres**
Plateau tournant		: ø 272mm
Poids		: 12 kg
Eclairage de four		: 25 W/240-250 V

- * Ce produit répond aux exigences de la norme européenne EN55011. Conformément à cette norme, ce produit est un équipement de groupe 2, classe B. Groupe 2 signifie que cet équipement génère volontairement de l'énergie RF sous forme de rayonnement électromagnétique pour le traitement thermique d'aliments. Classe B signifie que l'équipement est adapté à une utilisation domestique.
- ** La capacité intérieure est calculée en multipliant la largeur, la profondeur et la hauteur maximales. La contenance réelle pour les aliments est inférieure à celle-ci.

Ce four est conforme aux exigences des Directives 89/336/EEC et 73/23/EEC révisées par 93/68/EEC.

LES SPECIFICATIONS PEUVENT ETRE CHANGEES SANS PREAVIS LORS D'AMELIORATIONS APPORTEES A L'APPAREIL.

Wisselstroom		: 230 V, 50 Hz, enkele fase
Zekering/circuitonderbreker		: Minimum 10 A
Stroombenodigheid:	Magnetron	: 1,25 kW
Uitvoermogen	Magnetron	: 800 W (IEC 60705)
Magnetronfrequentie		: 2450 MHz*(Groep 2/Klasse B)
Afmetingen buitenkant		: 460 mm (B) x 275 mm (H) x 380 mm (D)
Afmetingen binnenkant		: 319 mm (B) x 211 mm (H) x 336 mm (D)**
Ovencapaciteit		: 22 liter**
Draaitafel		: ø 272 mm
Gewicht		: 12 kg
Ovenlampje		: 25 W/240-250 V

- * Dit product voldoet aan de eisen van de Europese norm EN55011. Volgens deze norm is dit product geclassificeerd als groep 2 klasse B apparatuur. Groep 2 betekent dat het de bedoeling is dat dit apparaat radiofrequentie-energie genereert in de vorm van elektromagnetische straling voor het verhitten van voedsel. Klasse B betekent dat het apparaat geschikt is voor huishoudelijk gebruik.
- ** De inhoud wordt berekend door het meten van de maximum breedte, hoogte en diepte van het apparaat. Het actuele inhoudsvermogen voor spijzen is geringer.

Deze magnetronoven voldoet aan de vereisten van Richtlijnen 89/336/EEC en 73/23/EEC zoals gewijzigd door 93/68/EEC.
DOOR CONTINUE VERBETERINGEN KUNNEN SPECIFICATIES ZONDER AANKONDIGING VERANDEREN.

Tensione di linea CA		: 230 V, 50 Hz, monofase
Fusibile linea distribuzione/interruttore automatico		: 10 A minimo
Tensione di alimentazione:	Microonde	: 1,25 kW
Potenza erogata:	Microonde	: 800 W (IEC 60705)
Frequenza microonde		: 2450 MHz*(Gruppo 2/Classe B)
Dimensioni esterne		: 460 mm (L) x 275 mm (A) x 380 mm (P)
Dimensioni cavità		: 319 mm (L) x 211 mm (A) x 336 mm (P)**
Capacità forno		: 22 litri**
Piatto rotante		: ø 272 mm
Peso		: 12 kg
Lampada forno		: 25 W/240-250 V

- * Il Prodotto soddisfa i requisiti della norma europea EN55011. In conformità a tale norma, questo prodotto è classificato come apparecchiatura appartenente al gruppo 2 classe B. Gruppo 2 significa che l'apparecchiatura genera energia in frequenza radio sotto forma di radiazioni elettromagnetiche per il riscaldamento dei cibi. Apparecchiatura di Classe B significa che l'apparecchiatura può essere utilizzata in ambienti domestici.
- ** La capacità interna è calcolata misurando la larghezza, profondità e altezza massima. Lo spazio a disposizione per gli alimenti è inferiore e dipende dagli accessori inseriti.

Questo apparecchio è conforme ai requisiti delle direttive EEC/89/336 e EEC/73/23 come emendata dalla direttiva EEC/93/68.

NEL QUADRO DELLA NOSTRA POLITICA DI MIGLIORAMENTO CONTINUO, LE SPECIFICHE TECNICHE POSSONO ESSERE MODIFICATE SENZA COMUNICAZIONE PREVENTIVA.

E

DATOS TÉCNICOS

E

Tensión de CA	: 230 V, 50 Hz, monofásica
Fusible/disyuntor de fase	: Mínimo 10 A
Requisitos potencia de CA: Microondas	: 1,25 kW
Potencia de salida: Microondas	: 800 W (IEC 60705)
Frecuencia microondas	: 2450 MHz*(Grupo 2/Clase B)
Dimensiones exteriores	: 460 mm (An) x 275 mm (Al) x 380 mm (P)
Dimensiones interiores	: 319 mm (An) x 211 mm (Al) x 336 mm (P)**
Capacidad del horno	: 22 litros**
Plato giratorio	: ø 272 mm
Peso	: 12 kg
Lámpara del horno	: 25 W/240-250 V

- * Este Producto cumple el requisito de la norma europea EN55011.
De acuerdo con dicha norma, este producto está clasificado como equipamiento del grupo 2, clase B.
El grupo 2 significa que el equipamiento genera intencionadamente energía por radiofrecuencia en forma de radiación electromagnética para el tratamiento por calentamiento de alimentos.
La clase B significa que el equipamiento resulta adecuado para su uso en establecimientos domésticos.
- ** La capacidad interna se calcula midiendoa el máximo de ancho, alto y profundo. La capacidad de cabida de alimentos es menor.

Este horno cumple con las exigencias de las directivas 89/336/EEC y 73/23/EEC según la modificación 93/68/EEC.
LAS CARACTERÍSTICAS TÉCNICAS PUEDEN CAMBIAR SIN PREVIO AVISO AL IR INTRODUCIÉNDOSE MEJORAS EN EL APARATO.

GB

SPECIFICATIONS

GB

AC Line Voltage	: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker	: Minimum 10 A
AC Power required: Microwave	: 1,25 kW
Output power: Microwave	: 800 W (IEC 60705)
Microwave Frequency	: 2450 MHz*(Group 2/Class B)
Outside Dimensions	: 460 mm(W) x 275 mm(H) x 380 mm(D)
Cavity Dimensions	: 319 mm(W) x 211 mm(H) x 336 mm(D)**
Oven Capacity	: 22 litres**
Turntable	: ø 272 mm
Weight	: approx. 12 kg
Oven lamp	: 25 W/240-250 V

- * This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.
- ** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

This equipment complies with the requirements of directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

AS PART OF A POLICY OF CONTINUOUS IMPROVEMENT, WE RESERVE THE RIGHT TO ALTER DESIGN AND SPECIFICATIONS WITHOUT NOTICE.

SHARP

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